Steps to staying healthy and preventing spread of COVID-19 from CDC Website.

*There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).*

- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

**Take steps to protect yourself:**

1. **Clean your hands often**
   - **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
   - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
   - **Avoid touching your eyes, nose, and mouth** with unwashed hands.

2. **Avoid close contact**
   - **Avoid close contact** with people who are sick
   - **Put distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
**Take steps to protect others:**

1. **Stay home if you’re sick**
   - *Stay home* if you are sick, except to get medical care. Learn [what to do if you are sick](#).

2. **Cover coughs and sneezes**
   - *Cover your mouth and nose* with a tissue when you cough or sneeze or use the inside of your elbow.
   - *Throw used tissues* in the trash.
   - Immediately *wash your hands* with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

3. **Wear a facemask if you are sick**
   - **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn [what to do if you are sick](#).
   - **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

4. **Clean and disinfect**
   - **Clean AND disinfect** *frequently touched surfaces* daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
   - **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.