

CORONAVIRUS

HOW TO PROTECT YOURSELF



WASH

your hands well
and often



COVER

your mouth and
nose with a tissue
or sleeve when
coughing and
sneezing



AVOID

touching eyes,
nose, or mouth
with unwashed
hands



CLEAN

and disinfect
frequently touched
objects and
surfaces

Washing hands with soap and water is
just as effective as an alcohol-based hand rub.

There is **no evidence** that using masks is
of any benefit to people who are not sick.