• Wash your hands with soap and water for a minimum of 20 seconds.

• Avoid touching eyes, nose or mouth with unwashed hands.

• Cover a cough or sneeze with your sleeve, or disposable tissue. Wash your hands afterward.

• Avoid close contact with people, especially who are sick, keep a distance of at least 6 feet.

• Stay away from work, school or other people if you become sick with respiratory symptoms like fever and cough.

• Follow guidance from public health officials.

• Avoid succumbing to the hysteria. The great majority of us who contact this will have a mild case and will recover.