HOW TO PROTECT YOURSELF AND OTHERS FROM COVID-19

- **If you get sick: Stay home and call your doctor**. If you are not sick enough to be hospitalized, you can recover at home.
- **Stay in touch with your doctor**. Be sure to get care if you feel worse or you think it is an emergency.
- **Ensure you have extra medications** if possible.
- **CALL your doctor BEFORE going** to their office.
- **Avoid using public transportation**, ridesharing, or taxis.
- **Try to be at least 6 feet away from other people**. Do not visit public areas.
- **Cover your mouth with a tissue or your upper sleeve** when you cough or sneeze.
- **Wash your hands often with soap and water for at least 20 seconds**, especially after you sneeze, cough, or blow your nose.
- **If you cannot wash your hands**, use hand sanitizer.
- **Avoid touching** your eyes, nose, mouth, and face.
- **Clean AND disinfect surfaces** that you touch often and every day.
- **Do not share dishes, glasses, or utensils**.
- **Avoid succumbing to the hysteria**. The great majority of us who contact this will have a mild case and will recover.
- **If your doctor tells you that you have the coronavirus**, stay at home and follow all instructions that your doctor gives to you.