

# CORONAVIRUS

◇ Drag and drop.



## COVID-19 General Prevention

Protect yourself from all infectious diseases by using these precautions.

Stay home when  
you are sick

Avoid contact with  
people who are sick

Get adequate sleep and  
eat well-balanced meals

Wash hands often with  
soap and water –  
20 seconds or longer

Dry hands with a clean  
towel or air dry your hands

Avoid touching your eyes,  
nose, or mouth with  
unwashed hands or after  
touching surfaces

Cover your mouth with  
a tissue or sleeve when  
coughing or sneezing

Clean and disinfect “high  
touch” surfaces often

Call before visiting  
your doctor

Clean all “high-touch” surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.