



Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

# Preventing the Spread of Coronavirus Disease 2019

You can take an active role in preventing the potential spread of the Corona virus by following what is currently known about the COVID-19/Corona Virus. This information is based on what is currently recommended by the CDC with updates posted on their website as it becomes available. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## Stay home except to get medical care

People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis. Visitors who do not have an essential need to be in the home should be restricted.

Seek prompt medical attention or call **911** if you are experiencing a medical emergency (e.g., difficulty breathing). Notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** You should restrict contact with pets and other animals if you are sick with COVID-19. If you must care for your pet while you are sick, wash your hands before and after you interact with pets.

## Cover your coughs and sneezes and avoid touching your face

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol. Avoid touching your face with unwashed hands.

## Clean your hands often and perform hand hygiene frequently

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry..

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean all “high-touch” surfaces everyday

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, 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.