# PROTECT YOURSELF AGAINST CORONAVIRUS

**1** | Wash your hands often with soap and water for at least 20 seconds. If soap and water is not available, use alcohol-based hand sanitizer.

**2** | Avoid touching your eyes, nose, and mouth with unwashed hands.

**3** | Cover your cough and sneeze.

**4** | Avoid close contact with people who are sick.

**5** | Clean and disinfect frequently touched objects and surfaces.

**6** | Stay home when you are sick.