How to Protect Yourself From Coronavirus



Know How it Spreads

- [ ] There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- [ ] The best way to prevent illness is to avoid being exposed to this virus.
- [ ] The virus is thought to spread mainly from person-to-person.
    - [ ] Between people who are in close contact with one another (within about 6 feet).
    - [ ] Through respiratory droplets produced when an infected person coughs or sneezes.
- [ ] These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Take steps to protect yourself

- [ ] Clean your hands often
    - [ ] Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
    - [ ] If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
    - [ ] Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- [ ] Avoid close contact with people who are sick

- [ ] Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

- [ ] Stay home if you're sick
  - [ ] Stay home if you are sick, except to get medical care. Learn what to do if you are sick.
- [ ] Cover coughs and sneezes
  - [ ] Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
  - [ ] Throw used tissues in the trash.
  - [ ] Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

- [ ] If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.
- [ ] If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask).

Clean and disinfect

- [ ] Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- [ ] If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

Make and Share Free Checklists
checkli.com