COVID-19 (Coronavirus)

Simple precautions everyone can take

**TRANSMISSION**
- Person-to-person via respiratory droplets
- Spread from contact with infected surfaces or objects

**PREVENTION**
- Avoid close contact with people who are ill
- Cover your mouth while coughing or sneezing
- Practice good hygiene
  - Wash your hands for 20 seconds
  - Avoid touching your face
  - Use hand sanitizer that contains at least 60% alcohol
- Avoid handshakes and practice social distancing (6 ft)
- Clean and disinfect surfaces you touch daily (phones, keyboards, faucets, etc.)

**TAKE ACTION**
- Inform your supervisor at work if you feel unwell
- If you just returned from a CDC Level 2 or Level 3 location, cancel your participation in group gatherings

Stay updated, visit: [cdc.gov/coronavirus](http://cdc.gov/coronavirus) or [who.int/coronavirus](http://who.int/coronavirus)