

# How can I avoid getting the novel coronavirus (COVID-19)?

Steps you can take to prevent the spread of flu and the common cold can also help prevent the spread of the coronavirus.



**WASH YOUR HANDS** often with soap and water. *If soap and water aren't available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.*



**AVOID TOUCHING** your eyes, nose, and mouth.



**AVOID CONTACT** with sick people and **STAY HOME** if you are sick.



**COVER YOUR MOUTH AND NOSE** with a tissue or sleeve when coughing or sneezing.

Stay up to date on the coronavirus outbreak with reliable sources such as the CDC and World Health Organization.

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