Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds, and use a 60% alcohol-based hand sanitizer between hand washings.

Cover your cough or sneeze with your elbow or a tissue, then throw the tissue into the trash.

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

Clean and disinfect frequently touched objects and surfaces.

For more information: www.cdc.gov/COVID19