

Tips for general prevention

80% of people who contract the COVID-19 virus have either mild or no symptoms. Nonetheless, there are standard tips we should all take:

- Wash your hands with soap and water for at least 20 seconds or with alcohol-based hand sanitizer if soap and water are not available.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash, or cough into your arm by bending your elbow.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

The CDC is the primary source for the latest updates on COVID-19. For the most current information, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>