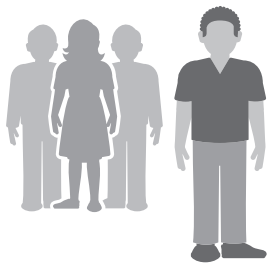


How to protect yourself from coronavirus disease 2019 (COVID-19)

Washing your hands is the best way to avoid getting sick:

- Wash often with soap and water for at least 20 seconds.
- If you can't use soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol.



**Avoid close contact
with people who
are sick.**

**Stay home when
you are sick.**



**Avoid touching
your face.**

**Cover your cough
or sneeze with a
tissue, and throw
away the tissue.**



**Clean and disinfect items
and surfaces you touch
often with regular household
cleaning spray or a wipe.**

For up-to-date
information, visit
<http://www.floridahealth.gov/diseases-and-conditions/COVID-19/index.html>

Sources:

Centers for Disease Control and Prevention: *About Coronavirus Disease 2019 (COVID-19)* (accessed March 2020): [cdc.gov/coronavirus/2019-ncov/about/index.html](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html).

Centers for Disease Control and Prevention: *Frequently Asked Questions and Answers* (accessed March 2020): [cdc.gov/coronavirus/2019-ncov/faq.html](https://www.cdc.gov/coronavirus/2019-ncov/faq.html).

Centers for Disease Control and Prevention: *Handwashing* (accessed March 2020): [cdc.gov/handwashing](https://www.cdc.gov/handwashing)