What to do to prevent getting COVID-19?

Wash your hands!
COVID-19 **(and colds and influenza)** are spread when someone with the disease coughs or sneezes and spreads germs through the air. Tiny droplets full of germs in the air drift down and settle on surfaces. A sneeze can easily travel more than 6 feet!

Then you come along, touch the germy surface **(Think door knobs, desks, serving utensils, stair handrails)** and you pick up the germs on your hands. When you touch your face you spread the disease to yourself.

- **Wash your hands, frequently, using soap and water for at least 20 seconds.**
- **Use proper cough etiquette. Cough into a tissue or your sleeve.**
    - **Teach even small children to do this.**
- **Stay home when you are sick.**
- **Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or disinfectant wipes.**
- **Use social distancing.** Stay at least six feet away from other people. Cancel events that would include more than 10 people. Hold meetings as webinars. Work from home if possible.   Stock up on needed supplies so that you don't have to go to the store multiple times a week (Don't forget the dog food and kitty litter).

If you have a job that requires you to still come to work, wash your hands frequently.
Take good care of yourself; get plenty of sleep, eat a healthy diet, stay hydrated.

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