The best way to prevent getting sick is to decrease your risk of being exposed to the virus. The Centers for Disease Control and Prevention (CDC) recommends taking the following precautions:

**PROTECT YOURSELF**

- **Wash Your Hands Often With Soap and Water**
  - Wash hands for at least 20 seconds. No soap? Use a hand sanitizer that contains at least 60% alcohol.

- **Avoid Close Contact**
  - If the virus is spreading in your community, it’s important to limit contact with those who may be sick.

**AND PROTECT OTHERS**

- **Stay Home If You Are Sick**
  - Keeping yourself isolated when feeling sick can help decrease the spread of the disease.

- **Practice Good Hygiene**
  - Wash your hands and disinfect any surfaces you use regularly.

- **Follow Regulations and Guidelines**
  - It’s important to stay up to date on CDC guidelines and follow regulations set by employers and the government.

Visit [cdc.gov](http://cdc.gov) if you have more questions about COVID-19.