10 Ways to Protect Against Coronavirus

Here are **10 ways** you can protect yourself from the coronavirus disease.

1) Wash your hands often, for at least 20 seconds at a time.

2) Avoid touching your face.

3) Practice social distancing by staying at least 6 feet away from people.

4) Cover your coughs and sneezes.

5) Stay at home whenever possible, even if you don't feel sick.

6) Clean and disinfect frequently touched objects.

7) Avoid public transportation and trips out of your home.

8) Follow organizational guidance when it comes to school or workplace closures.

9) Call your doctor if you have a fever, cough and shortness of breath.

10) Keep up with current virus information at cdc.gov/COVID-19.

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