What you should know about COVID-19 to protect yourself and others

Know about COVID-19

• Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
• The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
• COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

Know how COVID-19 is spread

• You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
• You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
• You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

Protect yourself and others from COVID-19

• There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
• Stay home as much as possible and avoid close contact with others.
• Wear a mask that covers your nose and mouth in public settings.
• Clean and disinfect frequently touched surfaces.
• Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Practice social distancing

• Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
• If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
• Get deliveries and takeout, and limit in-person contact as much as possible.

Prevent the spread of COVID-19 if you are sick

• Stay home if you are sick, except to get medical care.
• Avoid public transportation, ride-sharing, or taxis.
• Separate yourself from other people and pets in your home.
• There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
• If you need medical attention, call ahead.

Know your risk for severe illness

• Everyone is at risk of getting COVID-19.
• Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

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