# 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.

cdc.gov/coronavirus

Link to CDC Website: [What you should know about COVID-19 to protect yourself and others](https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf) (https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf).

The End