

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/10Things.html>

Stay Home When You Have COVID-19

Stay away from crowds.

Stay away from inside places with lots of people.

Avoid buses when you can.

Avoid trains when you can.

Avoid taxis when you can.

Watch for Ways COVID-19 Can Make You Feel Sick

Get help if you are worried about how sick you feel.

Call your doctor if you are worried about how you feel.

Get Lots of Rest When You Have COVID-19

Drink lots of water or juice when you have COVID-19.

Stay Away from Other People When You Have COVID-19

Stay in your own room when you can.

Use your own bathroom when you can.

Wear a mask when you must be around other people.

Wash Your Hands Often

Wash your hands with soap and water.

Wash your hands with soap and water for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Use hand sanitizer if that is all you have.

Rub the hand sanitizer all over your hands.

Rub your hands until they feel dry.

Washing hands with soap and water is best.

Always Cover Coughs and Sneezes

Cover your mouth when you cough.

Cover your nose when you sneeze.

Cover with the inside of your elbow.

Cover with a tissue.

Put used tissues in the trash.

Wash your hands if you cough or sneeze.

Avoid Sharing Things When You Have COVID-19

Avoid sharing food when you have COVID-19.

Avoid sharing drinks when you have COVID-19.

Avoid sharing dishes when you have COVID-19.

Avoid sharing towels when you have COVID-19.

Clean and Disinfect Often

Clean to help slow down COVID-19.

Clean to remove dirt and germs.

Clean things that are dirty.

Clean things that are touched often.

Disinfect to help slow down COVID-19.

Disinfect to kill germs.

Disinfect things that are touched often.

Call Before You Go to the Doctor

Tell the doctor if you have COVID-19.

Tell the doctor if you think you have COVID-19.

Call 9-1-1 Or the Emergency Department If You Need Help

Tell the operator that you need help.

Tell the operator you need help with COVID-19.

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