

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/prevent-getting-sick/prevention.html>

People Spread COVID-19

People can spread COVID-19 even if they feel fine.

People can spread COVID-19 when they talk.

People can spread COVID-19 when they cough.

People can spread COVID-19 when they sneeze.

Stay at least 6 feet away from people outside your home.

Stay away from people who are sick.

Wear a mask to protect everyone.

The mask must cover your nose.

The mask must cover your mouth.

The mask must fit under your chin.

The mask must be snug on your face.

Wash your hands often.

Wash your hands with soap and water.

Wash your hands for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Wash Your Hands Often

Wash your hands before touching your face.

Wash your hands when you get home.

Wash your hands before you make food.

Wash your hands before you eat.

Wash your hands after you use the bathroom.

Wash your hands after you blow your nose.

Wash your hands after you sneeze.

Wash your hands after you cough.

Wash your hands after you care for a sick person.

Wash your hands after you touch an animal.

Wash your hands after you touch your mask.

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 your hands with soap and water is best.

Protect Everyone from COVID-19

Wear a mask to protect yourself.

Wear a mask to protect your friends.

Wear a mask to protect your family.

Wear a mask to protect everyone.

Keep the mask on your face.

Keep your hands off your face.

Keep your hands off your nose.

Keep your hands off your mouth.

Cover Coughs and Sneezes

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.

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.

Watch for Ways COVID-19 Can Make You Feel Sick

Some people with COVID-19 feel fine.

Some people with COVID-19 get sick.

Some people with COVID-19 need to see a doctor.

Some people with COVID-19 may need to go to the hospital.

Some people with COVID-19 have a fever.

Some people with COVID-19 feel very cold.

Some people with COVID-19 cough.

Some people with COVID-19 find it hard to breathe.

Take your temperature when you feel sick.

Get help when you are worried about how you feel.

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