

Stop COVID-19 Every Day

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

Stay away from people who are sick.

Stay away from crowds.

Stay away from inside places with lots of people.

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.

Make sure breathing is easy.

Wash your hands often.

Wash your hands before you touch your mouth.

Wash your hands before you touch your eyes.

Wash your hands before you touch your nose.

Wash your hands with soap and water.

Wash your hands 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.

Clean things that are touched often.

Disinfect after cleaning things that are touched often.

Stay away from inside places with lots of people.

Stay away from sick people.

Stay away from people if you are sick.

COVID-19 Tests

A COVID-19 test can tell if you have COVID-19.

Get a COVID-19 test if you were with someone with COVID-19.

A doctor may tell you to get a COVID-19 test.

The health department may tell you to get a COVID-19 test.

Call your doctor if you think you have COVID-19.

Ask your doctor if you need a COVID-19 test.

Ask your doctor if you want a COVID-19 test.

Things to Do After Getting a COVID-19 Test

Ask how you will get the results.

Ask what the results mean.

You may get a phone call with COVID-19 test results.

You may look online to get COVID-19 test results.

Some COVID-19 test results come quickly.

Some COVID-19 test results take many days.

Stay at home until you get the COVID-19 test results.

Steps if You Have COVID-19

Stay at home when you have COVID-19.

Stay away from other people.

You have to stay home until you feel better.

You may have to stay home for a while.

You may have to stay home for at least 10 days.

Tell someone if you are worried about how you feel.

Get Help if You are Very Sick

Watch for ways COVID-19 can make you feel sick.

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

Tell someone that you need help.

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

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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