

Reduce Your Risk of Coronavirus



Clean

your hands with soap and water or alcohol-based sanitizer



Avoid

close contact with anyone who has flu-like symptoms



Cover

your mouth and nose when coughing or sneezing. Use a tissue or into your upper sleeve, not your hands



If you develop a cough, fever, or difficulty breathing and have been exposed to someone with COVID-19 or have been to an area with ongoing spread of COVID-19, contact your healthcare provider. Call ahead to let your healthcare provider know about your symptoms and exposure.