



## **How can I protect myself and prevent spreading the virus?**

**If you are sick with COVID-19 or think you might have it, follow these steps to protect yourself and help prevent spreading the virus in your community.**

### **For people who are NOT sick:**

- Wear a mask or suitable face-covering while in public and unable to distance at least 6 feet. See guidance [here](#)
- Wash your hands often with soap and water for at least 20 seconds, especially before you eat.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Keep a distance of at least 6 feet with people not living in your home to help slow the spread of COVID-19.
- Cover your cough and sneezes by covering with your elbow or with a tissue and discard it in a closed container.
- Clean frequently touched surfaces and objects.

### **For people who are sick:**

- Stay home.
- If you have a fever, stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicines, such as acetaminophen.
- Keep sick household members away from others. If you have a separate room that is best.
- Use soap and water, a bleach and water solution, or EPA-approved household products. You can make your own cleanser with a mixture of 1 cup of liquid unscented chlorine bleach in 5 gallons of water.
- Avoid sharing personal items.
- Anyone at high risk for complications should talk to their healthcare provider for more information.