## The DO’s and DON’Ts of prevention

### DO

- Stay home, except to get medical care. If you have severe symptoms, call 911.
- Wash your hands with soap and water for at least 20 seconds (or use hand sanitizer with at least 60% alcohol).
- Cover your coughs and sneezes with your elbow or sleeve.
- Stay informed by visiting the COVID-19 website of your local health department, the CDC, and the WHO.
- Stay connected with friends and family over the phone or video chat.

### DON’T

- Don’t leave your house or be in groups for non-essential purposes.
- Don’t wear a facemask or gloves unless you are sick or caring for someone who is sick.
- Don’t cough or sneeze into your hands.
- Don’t gather information from unverified sources.
- Don’t visit friends and family because you may put each other at greater risk.