Prevent the spread of COVID-19

Created by the COVID-19 Health Literacy Project in collaboration with Harvard Health Publishing

The DO’s and DON’Ts of prevention

DO
- Stay home whenever you can, except to get medical care!
- Wash your hands with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched surfaces.
- Cover coughs and sneezes with a tissue or your elbow.
- Plan how to take care of yourself and loved ones.

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.

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.

www.covid19healthliteracyproject.com   www.health.harvard.edu