

Know About COVID-19

COVID-19 is a virus.
COVID-19 has spread around the world.
COVID-19 can spread between people.
People with COVID-19 get sick in different ways.

COVID-19 is a Virus

COVID-19 can spread easily.
COVID-19 can spread between people.
COVID-19 can spread when people are too close.
COVID-19 can spread when people cough.
COVID-19 can spread when people sneeze.
COVID-19 can spread when people talk.
COVID-19 can spread when people sing.
Stay away from crowds.
Stay away from inside places with lots of people.
Stay away from people who are sick.
Stay away from people if you are sick.

COVID-19 may get on your hands if you touch things.
Keep your hands off your face.
Keep your hands off your nose.
Keep your hands off your mouth.
Wash your hands after you touch things.

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.
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.
Wash your hands often.
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 things that are touched often.

Protect Yourself Running Errands

Order things online when you can.
Get food delivered when you can.
Get medicine delivered when you can.
Stay out of the bank when you can.
Protect yourself if you must go in a store.
Protect yourself if you must go in the bank.
Protect yourself by wearing a mask.
Keep the mask on your face.
Keep your hands off the mask.
Protect yourself by staying away from other people.
Stay at least 6 feet away from other people.

Only touch things you want to buy.

Use hand sanitizer right after you pay.
Rub the hand sanitizer all over your hands.
Rub your hands until they feel dry.
Wash your hands when you get home.
Wash your hands with soap and water.
Wash your hands with soap and water for 20 seconds.
Sing the happy birthday song twice while washing your hands.

Steps if You Have COVID-19

Stay at home when you have COVID-19.
Stay away from other people.
Stay away from your pets and service animals.
Avoid public transit when you can.
Avoid busses when you can.
Avoid trains when you can.
Avoid taxis when you can.
You may have to stay home for a while.
You may have to stay home for at least 10 days.
Stay home until you feel better.
Get help if you are worried about how you feel.

Anyone Can Get COVID-19

Some people with COVID-19 feel fine.
Some people with COVID-19 feel sick.
COVID-19 can make some people very sick.
COVID-19 can make people with other health problems very sick.

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