



How to Prevent Catching & Spreading **Coronavirus**



Follow these tips to prevent yourself from catching coronavirus, or from potentially spreading the virus to others.

How to Prevent Catching The Virus

How to Prevent Spreading the Virus



Wash your hands often, for at least 20 seconds.



Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds.



Avoid touching your eyes and mouth with unwashed hands.



Cover your coughs and sneezes with a tissue and throw out the tissue. Wear a facemask if available.



Avoid close contact with people who are sick.



Avoid close contact with other people. Stay at home while you are sick.



Monitor your symptoms and seek medical attention if your symptoms worsen.



District of Columbia Hospital Association

dcha.org/quality-safety/coronavirus