# 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

- **Wash your hands often, for at least 20 seconds.**
- **Avoid touching your eyes and mouth with unwashed hands.**
- **Avoid close contact with people who are sick.**

## How to Prevent Spreading the Virus

- **Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds.**
- **Cover your coughs and sneezes with a tissue and throw out the tissue. Wear a facemask if available.**
- **Avoid close contact with other people. Stay at home while you are sick.**

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