

General prevention recommendations for COVID-19 are the same as those to prevent the spread of flu and other respiratory viral infections



- Wash hands often with soap and water for at least 20 seconds
- If soap and water are not available, use an alcohol-based hand sanitizer



- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with others who are sick



- Cover your mouth and nose with a tissue or sleeve, not your hands, when coughing or sneezing