Tips to avoid exposure to COVID -19

How COVID-19 spreads:

- COVID-19 mainly spreads when you breathe in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Anyone with COVID-19 can spread it, even it they don't have symptoms.
- Particles can travel more than six feet, especially indoors.

Wear a mask

- Wear a well fitted mask indoors that covers your nose and mouth.
- In areas with high numbers of COVID-19 cases, wear a mask in crowded outdoor settings and for work activities less than six feet from others.

Avoid crowds, poorly ventilated spaces, and gathering with others outside of your household

- Being in crowded places like restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.
- Avoid eating and drinking in close contact with others.
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, bring in fresh air by opening windows and doors, if possible.
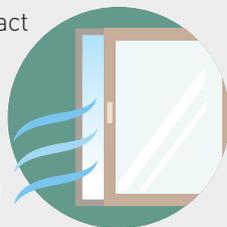
Avoid traveling on public transportation

- If you can, avoid travel on planes, buses, trains, and other forms of public transportation.
- Avoid international travel.

Stay 6 feet away from others

Inside your home
- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.

Outside your home
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arm lengths) from other people, especially if you are at higher risk of getting very sick.

Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, sneezing or caring for a sick person and before or after eating food.

Clean and disinfect

- Clean high touch surfaces regularly or as needed and after you have visitors in your home. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.

Continue to protect yourself and others

- Get vaccinated—it is the best way to protect yourself from severe disease, slow the spread of COVID-19, and reduce the number of new variants.
- Test to prevent spread to others.
- Monitor your health daily for symptoms of COVID-19.