

# CORONAVIRUS

## HOW TO PROTECT YOURSELF



### WASH

your hands well  
and often



### COVER

your mouth and  
nose with a tissue  
or sleeve when  
coughing and  
sneezing



### AVOID

touching eyes,  
nose, or mouth  
with unwashed  
hands



### CLEAN

and disinfect  
frequently touched  
objects and  
surfaces

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Washing hands with soap and water is **just as effective** as an alcohol-based hand rub.

There is **no evidence** that using masks is of any benefit to people who are not sick.