**Coronavirus (COVID-19): Protect Yourself and Others**

Help prevent the spread of respiratory illness like COVID-19

<table>
<thead>
<tr>
<th>Avoid close contact with people who are sick</th>
<th>Wash your hands often with soap and water for at least 20 seconds</th>
<th>Avoid touching your eyes, nose and mouth</th>
<th>Disinfect frequently touched objects and surfaces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clean your hands with an alcohol-based hand sanitizer with at least 60% alcohol</td>
<td>Cover your cough or sneeze with a tissue, then throw it in the trash</td>
<td>Stay home if you are sick, except to get medical care</td>
<td>Stay informed! The coronavirus outbreak is continually changing.</td>
</tr>
</tbody>
</table>

**Seek medical advice if you develop symptoms**

- **Fever**
- **Cough**
- **Shortness of breath**

Call your healthcare professional if you develop symptoms and have been in close contact with a person known to have COVID-19, or if you have recently traveled from an area with widespread or ongoing spread of COVID-19.

To get updated information, visit: [cdc.gov/COVID19](https://www.cdc.gov/COVID19)

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Source: Centers for Disease Control and Prevention (CDC)

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