

# Coronavirus-

## How to Reduce the Risk of Infection

The novel coronavirus typically spreads from handshakes and little droplets, from coughs and sneezes. If you protect yourself, you are also protecting others. Therefore, take the following precautions:

01



### Wash your hands

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

↗ For handwashing best practices, please visit the CDC website: [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

02



Avoid unnecessary physical contact – remember, it is OK to say no to social gatherings

03



Avoid close contact with people who are **sick**

04



Avoid touching your eyes, nose, and mouth

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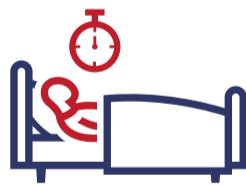
Wash or sanitize your hands before **eating**

06



If necessary cover mouth and nose with **mask**

07



Stay home if you are **sick**, except for getting medical care

08



Avoid large crowds and **public transport** during rush hour

09



Cover your **cough** or sneeze with a tissue, then throw the tissue in the trash

10



Clean and disinfect frequently touched objects and surfaces

Fight against the new coronavirus **together!**