

# Protect yourself and others

COVID-19 typically spreads from one person to another in places with many people present via direct physical contact (shaking hands, hugging, kissing, etc.) and via droplets when an infected person coughs or sneezes. Take care of your health and protect others by doing the following



Wash your hands frequently  
or sanitize your hands with  
an alcohol-based hand rub



Cough or sneeze into your  
sleeve, not your hands



Limit physical contact  
– avoid handshakes, refuse  
kisses on the cheek and  
avoid hugging



Be diligent with cleaning



Keep your distance and ask  
others to be considerate