Wash your hands often with soap and water for at least 20 seconds.

Avoid touching your face. When in public, wear a cloth covering over your nose and mouth.

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

Avoid close contact with people who are sick.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.