Coronavirus Disease 2019 (COVID-19):
Protect Yourself and Your Family

- Avoid close contact with people who are sick
- Ensure all immunizations are up to date, including your seasonal flu shot
- Stay home if you are sick and avoid close contact with Family members and pets
- Avoid touching your eyes, nose, and mouth
- Wash your hands often for at least 20 seconds with soap and water
- Use hand sanitizer when soap and water are unavailable
- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable
- Create an emergency preparedness kit

Prevent COVID-19: Take everyday actions to prevent the spread of germs

For more Coronavirus information:

Emergency Kit Checklist for Families:

Approved for public release; distribution unlimited.