

# 10 Ways to Protect Against Coronavirus

The coronavirus disease 2019 (COVID-19) pandemic isn't slowing down. Here are **10 ways** you can protect yourself.

**1) Wash your hands often, for at least 20 seconds at a time.**

**2) Avoid touching your face.**

**3) Practice social distancing by staying at least 6 feet away from people.**

**4) Cover your coughs and sneezes.**

**5) Stay at home whenever possible, even if you don't feel sick.**

**6) Clean and disinfect frequently touched objects.**

**7) Avoid public transportation and trips out of your home.**

**8) Follow organizational guidance when it comes to school or workplace closures.**

**9) Call your doctor if you have a fever, cough and shortness of breath.**

**10) Keep up with current virus information at [cdc.gov/COVID-19](https://www.cdc.gov/COVID-19).**