

PROTECTING YOURSELF AND OTHERS FROM COVID-19 EXPOSURE

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

The virus can spread rapidly from person to person. Increasing evidence underlines the potential for transmission via airborne respiratory droplets.

STEPS YOU CAN TAKE »



Physical distancing measures are one of the most important steps people can take to reduce transmission. Stay at home whenever possible. If you have to leave home, maintain distance from others, consider wearing a cloth face covering, and practice frequent handwashing.



Wash hands often, preferably with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



Consider wearing a cloth face covering if you have to leave home. A cloth face covering may protect others from your respiratory secretions, but it does not protect you.



Stay home if you are feeling sick. If you have had close contact with someone who is sick, consider self-isolating for 14 days.



Clean and disinfect frequently touched surfaces daily. This includes cell phones, tables, doorknobs, light switches, countertops, handles, toilets, faucets, sinks, and keys.



If you develop symptoms of COVID-19, contact your doctor. Symptoms of COVID-19 can include:

- Cough
- Fever
- Shortness of breath
- New loss of taste or smell
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

#ProtectNurses. All Our Lives Depend On It.



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