Stay at least 6 feet (about 2 arms’ length) from other people.

Wear a cloth face covering over your nose and mouth.

Avoid touching your eyes, nose and mouth.

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

Clean and disinfect frequently touched objects and surfaces.

Cough or sneeze into your elbow.

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