Coronavirus (COVID-19)
Precautions for your well-being and safety

- **Wash your hands often** with soap and water for at least 20 seconds, especially after the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Use alcohol-based hand sanitizer if soap and water are unavailable.

- **Refrain from touching your eyes, nose, and mouth** with unwashed hands.

- **Clean and disinfect frequently** touched objects and surfaces.

- **Stay home if you are ill** – do not go to work or school.

- **Face masks are not recommended for healthy people** to avoid respiratory viruses including COVID-19.

- **Face masks are not likely to prevent transmission** of coronavirus when used in routine settings and may contribute to increased transmission due to readjustment, ill fit and increased face touching.

- **Face masks are recommended for those that are sick**, coughing or have a fever when visiting a hospital or doctor’s office. If you need medical attention, call your provider before going to a healthcare facility.

For more information, please visit www.ynhhs.org or www.cdc.gov.

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