Coronavirus is serious and spreads easily. It is more deadly than the flu. To be safe, stay home as much as possible.

**TAKE CARE OF YOURSELF**

- **Wash your hands** with soap and water for 20 seconds or use hand sanitizer.
- **Avoid touching** your eyes, nose, and mouth.
- **Cover your cough or sneeze** with a tissue, throw the tissue out and wash your hands.
- **Take care of your body** by exercising, eating healthy and getting plenty of sleep.

**Clean surfaces** and frequently touched objects like phones, light switches, doorknobs and TV remotes with disinfecting wipes or soap and water.

**If you feel sick**, stay home and call your doctor. If you are having trouble breathing, call 911. If you don’t have a doctor, call 211.

**IF YOU HAVE TO GO OUT**

- **Wear a cloth face covering** and stay 6 feet away from people if you have to go to work, the store or the doctor.
- **Wipe down** door knobs and other surfaces you touched when you came home.
- **Wash your clothes** before wearing them again.
- **Stay at least 6 feet away** from people when exercising outdoors.

**IF SOMEONE AT HOME IS SICK**

- **Give the sick person a separate room** if possible.
- **Don’t share a bed, dishes or silverware** with a sick person.
- **Wear a cloth face covering** when taking care of a sick person.
- **Clean shared spaces** like bathrooms every time they are used.

Sources: COVID-19 Health Literacy Project, CDC.gov
Other language resources: www.cdc.gov/pubs/other-languages

For more information, visit [covid19.mcw.edu](https://covid19.mcw.edu)