WASH your hands well and often
COVER your mouth and nose with a mask
AVOID touching eyes, nose, or mouth with unwashed hands
CLEAN and disinfect frequently touched objects and surfaces

Washing hands with soap and water is just as effective as an alcohol-based hand rub.
The CDC and U.S. health officials advise wearing a cloth or fabric face mask to help prevent spreading the coronavirus.

For more information and recommendations, visit www.cdc.gov/coronavirus.