WASH your hands well and often

COVER your mouth and nose with a tissue or sleeve when coughing and sneezing

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.

There is no evidence that using masks is of any benefit to people who are not sick.

For more info, please visit: www.ncpa.org/newsroom/coronavirus-information