How Can I Protect Myself From Getting COVID19?

By following basic hygiene procedures that are used to prevent many infections, including the flu, you and your family will have a lower risk of contracting the virus.

The same behaviors that stop the spread of the common cold and flu will help protect you from coronavirus as well.

Try to avoid exposure to anyone known to have this virus, or who is sick.

Wash your hands frequently with soap and water for at least 20 seconds. That's two rounds of the "Happy Birthday" song.

Alcohol hand sanitizers are also very effective.

Avoid touching your eyes, nose or mouth with unwashed hands.