How to protect yourself and others from the spread of cold, flu and the new coronavirus

Wash hands with soap and water for at least 20 seconds. If soap isn’t available, use a hand sanitizer with at least 60 percent alcohol.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, dispose of it in the trash.

Avoid touching nose, eyes, and mouth with unwashed hands.

Avoid large crowds and contact with others who are sick, coughing or sneezing.

Stay home if you’re sick.

Use a household wipe or spray to disinfect doorknobs, light switches, and other objects and surfaces that are frequently touched.

Call ahead before visiting your provider’s office if you think you have or may have COVID-19.

Leave the facemasks for those who are sick and their caregivers.