

COVID-19 General Prevention

Protect yourself from all infectious diseases by using these precautions.



Stay home
when you
are sick



Avoid contact
with people
who are sick



Get adequate
sleep



Wash hands often
and dry with
clean towel



Keep hands
away from
your face



Cover your mouth
with a tissue when
you cough or sneeze



Eat well-
balanced meals



Clean surfaces
often



Call before going
somewhere