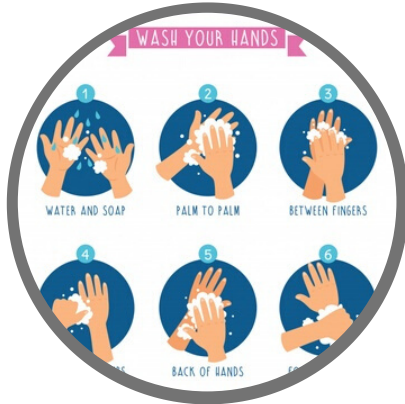# COVID-19

## NOVEL CORONAVIRUS PREVENTION TIPS

**Don't be scared, be prepared!** Help prevent the spread of respiratory diseases like COVID-19.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand-sanitizer containing at least 60% alcohol. Thorough cleaning with soap and water will remove most microorganisms.

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

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces including: desks, tables, counter-tops, sinks, door handles, faucets, railings, phones, bathrooms and rooms.
Cleaning removes germs from surfaces, while disinfecting kills germs on surfaces. Use alcohol-based products to disinfect surfaces.

Stay home when you are sick, except to get medical care. Call your doctor before going in to get checked so they are aware of your condition.
Avoid close contact with people who are sick. If a family member is sick, place them in a separate room and bathroom if possible.

Remember to stay calm and practice good hygiene. Reach out to your local health department or medical provider with any questions.

For more information please visit: http://dpbh.nv.gov/coronavirus/