Protect yourself and others from COVID-19 by taking these precautions.

- Stay home except for work and other needs.
- Wear a face covering when going out.
- Practice social distancing of at least 6 feet from others.
- Shop at non-peak hours.
- Wash hands often with water and soap (20 seconds or longer).
- Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces.
- Cover your mouth with a tissue or sleeve when coughing or sneezing.
- Clean and disinfect "high-touch" surfaces often.
- Don't work when sick.
- Call before visiting your doctor.