

# What Can I Do about Coronavirus?

## I Can Help Protect Myself by:

keeping a distance of six feet between myself and the person closest to me.

washing my hands with soap and water for at least 20 seconds each time.

not touching my face.

## I Can Help Protect Others by:

coughing or sneezing into my elbow or a tissue and throwing used tissue in the trash right away.

washing my hands or using hand sanitizer after sneezing or using tissue.

helping adults keep doorknobs, tables, desks, counters, touch screens, and other surfaces clean.