

# Ways to Protect Yourself and Others



## Wash your hands often

- Use soap and water for at least 20 seconds (sing 2 verses of Happy Birthday).
- Or use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash your hands after blowing your nose, coughing or sneezing.



## Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw used tissues in the trash and wash your hands.



## Keep a safe distance from others

- Avoid close contact with people who are sick.
- Put 6 feet between yourself and other people.
- Protect people at higher risk: Older adults and people with lung disease, diabetes or other underlying health conditions.

To learn more, visit [memorialhermann.org/coronavirus](https://www.memorialhermann.org/coronavirus) or [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Source:  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>