

# Corona virus safety



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

## **Most U.S. Workers Remain at Low Risk of Exposure**

**At this time, the U.S. Centers for Disease Control and Prevention (CDC) emphasizes that, while the novel coronavirus, COVID-19 poses a potentially serious public health threat, the risk to individuals is dependent on exposure. For most people in the United States, including most types of workers, the risk of infection with COVID-19 is currently low.**

# Take steps to protect yourself

## Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



# Avoid close contact

- **Avoid close contact** with people who are sick  
Put **distance between yourself and other people** if COVID-19 is spreading in your community. **This is especially important for people who are at higher risk of getting very sick**



# Take steps to protect others

## Stay home if you're sick

- **Stay home** if you are sick, except to get medical care.



# Take steps to protect others

- . **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.
- . **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

