

# CORONAVIRUS (COVID-19)

[de.gov/coronavirus](https://de.gov/coronavirus)

Content courtesy of:



DELAWARE HEALTH  
AND SOCIAL SERVICES  
Division of Public Health

## PROTECT YOURSELF & OTHERS

### WASH YOUR HANDS FREQUENTLY

Be sure to wash your hands, including the backs and under your nails, for 20 seconds. Or use alcohol-based hand sanitizer.



### DO NOT TOUCH YOUR FACE

Do not touch your eyes, nose, or mouth with unwashed hands.



### CLEAN SURFACES REGULARLY

Clean commonly used surfaces such as phones, computers, desktops, countertops, cabinets and handles.



### COUGH OR SNEEZE INTO YOUR ELBOW

Do not sneeze into your hand. If you use tissue, dispose of it right away.

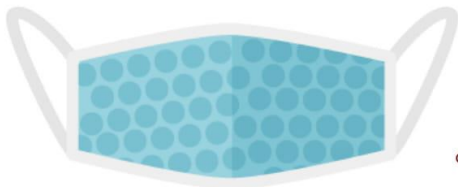
### STAY HOME WHEN YOU ARE SICK

Be safe. If you feel sick, stay home.



### PREVENT THE FLU. GET VACCINATED.

Be sure to receive your flu vaccine as soon as possible.



### WEAR A CLOTH FACE COVERING IN PUBLIC SETTINGS

The CDC recommends wearing cloth face coverings in public settings where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).



*Amador County Public Health*