**How Can You Prevent the Spread of the Coronavirus?**

* [**Wash your hands.**](https://www.webmd.com/lung/news/20200306/power-of-hand-washing-to-prevent-coronavirus)
  + **with soap and water at least for 20 seconds**
  + **an alcohol-based sanitizer**
* **Practice social distancing.**
  + **you should stay home as much as possible.**
  + **Avoid large events and any parties.**
  + **If you do have to go out, stay at least 6 feet away from others.**
  + **Avoid being close to anybody who is sick or coughing.**
* **Don’t touch your face.**
  + **Coronaviruses can live on surfaces you touch for several hours.**
  + **If they get on your hands and you touch your eyes, nose, or mouth, they can get into your body.**
* **Cover your nose and mouth if coughing or sneezing.**
  + **Tissues and napkins**
  + **Cough or sneeze in your elbow if there is no tissue or napkin**
* **Avoid sharing.**
  + **Dishes, glasses, and bedding**
* **Clean and disinfect.**
* **You can clean first with soap and water, but disinfect surfaces you touch often, like** 
  + - ***tables,***
    - ***doorknobs,***
    - ***light switches,***
    - ***toilets,***
    - ***faucets, and***
    - ***sinks.***
* **Use a mix of household bleach and water (1/3 cup bleach per gallon of water, or 4 teaspoons bleach per quart of water) or a household cleaner that’s approved to treat SARS-CoV-2.**
* **Wear gloves when you clean, and throw them away when you’re done.**
* **Avoid using public transportation if possible.**
  + **Buses, planes, trains**