



The COVID-19 virus is spread through close person-to-person contact, which can occur in homes or many work environments. There are many things you can do to protect your own health and to limit the spread of the disease through your community.

## STEPS YOU CAN TAKE TO STAY HEALTHY

- 1 Wash your hands frequently**, especially after you have been out in public or around other people. Wash your hands with soap and water for at least 20 seconds.
- 2 Use hand sanitizer.** Alcohol-based hand sanitizers of at least 60% alcohol can further reduce your risk of getting sick. Hand sanitizer may not work as well on dirty hands. Remember to let the hand sanitizer dry on your hands and do not wipe it off.
- 3 Avoid touching your face.** The virus may infect when it comes in contact with the nose, mouth or eyes. If you must touch your face, wash your hands before and after.
- 4 Avoid unnecessary contact with people.** Do not socialize with people outside those you live with. Some people can spread the virus without having symptoms.
- 5 Stay home as much as possible.** Follow local guidance and stay home unless going to work, running essential errands, going to a health care provider, exercising or taking care of others. This limits disease spread, and is especially important because people who do not appear sick can sometimes spread the virus. Even if you feel well, you may be spreading the virus.
- 6 Reduce trips.** Limit frequent trips to the store by purchasing days or weeks of groceries at a time if possible. Consider delivery or curbside pick-up if that is an option. When you do go out, keep at least 6 feet away from others as much as possible.
- 7 Stay home if you are sick**, unless it is to go to a health care provider. If you live with other people, isolate yourself in a separate part of the house. If total isolation is not possible, disinfect all shared areas when you leave them (e.g. bathrooms, kitchens). Do not go to work if you are sick.
- 8 Wear a cloth face covering** when out in public, at work, or whenever you may contact individuals not in your household.
- 9 Cover your mouth when you cough or sneeze**, using your elbow when possible. If using a tissue, throw it away immediately and wash your hands for 20 seconds with soap and water.
- 10 Clean and disinfect frequently touched surfaces** throughout the day, including doorknobs, steering wheels, faucets, etc. Disinfect using:
  - 5 tablespoons of bleach in 1 gallon of water
  - A sanitizer with at least 60% alcohol
  - A disinfectant from EPA list of recommended for use:  
[go.ncsu.edu/epacovid-19](https://www.epa.gov/pesticide-registration/active-ingredients-list-registered-disinfectants).
  - Note: this list is based on current data, but compounds have not been validated for inactivation of the virus causing COVID-19



For more info, visit: [www.cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov)  
Manpreet Singh, Professor, University of Georgia  
Laurel Dunn, Ph.D., Extension Food Safety Specialist, University of Georgia  
Contact: Laurel Dunn, Ph.D. | [laurel.dunn@uga.edu](mailto:laurel.dunn@uga.edu)  
Updated May 4, 2020