Stop the Spread of Germs That Make You and Others Sick

**Clean Your Hands** After Coughing or Sneezing
Wash Hands Often with Soap and Water

**Cover Your Cough**
Cover Your Mouth And Nose with A Tissue When You Cough or Sneeze

**Use an Alcohol-Based Cleaner OR**

Cough into Your Elbow And Not Your Hands

**Put Your Used Tissue In The Waste Basket**

**Stay Home When You Are Sick**
Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Clean your Hands after coughing or sneezing.

Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.

SLCH # 3121 CDC Cover Cough

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¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

Cubra su tos

Cubra su boca y nariz con un kleenex cuando tosa o estornude

Deseche el kleenex sucio en un basurero.

o
tosa o estornude en la manga de su camisa, no en sus manos.

Quizás le pidan ponerse una mascarilla quirúrgica para proteger a otras personas.

Lávese las manos después de toser o estornudar.

Lávese las manos con jabón y agua tibia por 20 segundos

o
limpielas con un limpiador de manos a base de alcohol.

SLCH# 3122 Cover Your Cough Spanish
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19
Wash Your Hands!

Dirty!

Wet

Get Soap

Rinse

Scrub

Dry

Clean!

www.cdc.gov/handwashing
GERMS
are all around you.

Stay healthy.
Wash your hands.

www.cdc.gov/handwashing
Germs are everywhere!

You can pick up germs from things you do every day.

Wash your hands so you don’t get sick.

Accessible version: www.cdc.gov/handwashing

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
WASH YOUR HANDS!

1. Wet
2. Get Soap
3. Scrub
4. Rinse
5. Dry
What is coronavirus disease 2019 (COVID-19)?
Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?
COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

How does COVID-19 spread?
The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It’s important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it’s unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?
Patients with COVID-19 have had mild to severe respiratory illness with symptoms of
- fever
- cough
- shortness of breath

What are severe complications from this virus?
Many patients have pneumonia in both lungs.

How can I help protect myself?
The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses.
These include
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?
If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don’t go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?
There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?
There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19