CORONAVIRUS DISEASE (COVID-19)
HOW TO PROTECT YOURSELF

DISTRICT COUNCIL OF IRON WORKERS
CA - NV - AZ - HI

HERE IS CURRENTLY NO VACCINE TO PREVENT CORONAVIRUS DISEASE 2019 (COVID-19). THE BEST WAY TO PREVENT ILLNESS IS TO AVOID BEING EXPOSED TO THIS VIRUS.

HOW IT SPREADS

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another.
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

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, after blowing your nose, or after 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.
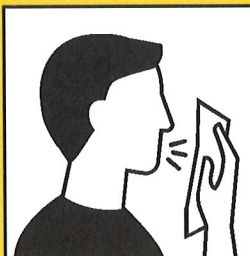
Avoid touching your eyes, nose, and mouth with unwashed hands.

AVOID CLOSE CONTACT

If COVID-19 is spreading in your community, avoid close contact with people by maintaining a distance of at least 6 feet, especially from those who are sick.

This is especially important for people who are at higher risk of getting very sick or who have a compromised immune system.

COVER COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw any used tissues in the trash.

After coughing or sneezing, 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.

CLEAN AND DISINFECT

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.

IF YOU ARE SICK

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

Wear a facemask when you are around other people and before you enter a healthcare provider's office. People who are caring for you should also wear a facemask.

COVER YOUR NOSE AND MOUTH WITH TISSUE OR ELBOW WHEN SNEEZING

VISIT CDC.GOV/CORONAVIRUS FOR MORE INFORMATION