Everyday actions can prevent the spread of respiratory viruses. Protect yourself and others with these tips:

1. **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand rub with at least 60% alcohol.

2. **Avoid close contact with people who are sick.**

3. **Clean and disinfect surfaces and objects that are used often, such as cellphones, doorknobs, and light switches.**

4. **Cough or sneeze into your elbow or cover your nose and mouth with a tissue.**

5. **Avoid touching your face.**

6. **If you do become sick, stay home and limit contact with others in your home as much as possible.**

For more information about how to avoid getting sick or spreading respiratory illnesses to others, visit our Coronavirus Resource page: UNCHealthcare.org/coronavirus