

# PREVENTING COVID-19

Protect yourself from all infectious diseases by using these precautions.



**Stay home.**



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



**Wear face coverings** if social distancing is not possible.



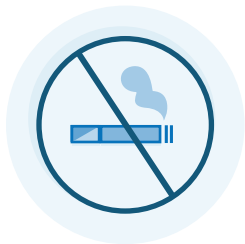
Wash hands often for **20 seconds or longer** with soap and water. Dry with a clean towel, or air dry.



Cough and sneeze into your **elbow** or use a **tissue**.



**Avoid touching your face** with unwashed hands or after touching surfaces.



**Quit tobacco.** Being a current or former cigarette smoker **increases your risk of severe illness** from COVID-19.



**Clean and disinfect** “high touch” surfaces often.



**Call** before visiting your doctor.

For more information on how to prevent COVID-19, visit [floridahealthcovid19.gov](https://floridahealthcovid19.gov).

For more information on how to quit tobacco, visit [tobaccofreeflorida.com](https://tobaccofreeflorida.com).

