

# CORONAVIRUS PREVENTION

Help **PREVENT THE SPREAD** of the **CORONAVIRUS (COVID-19)**

Everyday actions, such as those listed below, can reduce the spread of COVID-19 as well as other respiratory illnesses such as the flu virus.



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 sanitizer.



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



Stay home when sick.



Cough in your elbows or cover coughs and sneezes with a tissue and throw the tissue in the trash.



If you are experiencing symptoms of respiratory illness, call your local physician. If it is a medical emergency, dial 911.

Clean and disinfect frequently touched objects and surfaces.

Don't share food, beverages or smoking devices with others.

- Louisiana Department of Health
- Centers for Disease Control
- University Health Services/ Texas A&M University



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## RESOURCES

For more information about Coronavirus or what to do if you are experiencing symptoms, visit [ldh.la.gov/coronavirus](http://ldh.la.gov/coronavirus) or [www.cdc.gov](http://www.cdc.gov)