Health Tips

COVID-19 HEALTH TIPS

@NCDHHS

Wash hands with **soap and water** for **20+ seconds each time**.

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

Stay home from work or school **if you are sick**.

Avoid close contact with people who are ill.

Cover your mouth and nose with a tissue when you cough or sneeze.

Throw away tissues after coughing, sneezing or blowing your nose.

Clean and disinfect surfaces that are **frequently touched**.