

How to Protect Yourself & Others

Updated Mar. 8, 2021

Important Ways to Slow the Spread

- Get a [COVID-19 vaccine](#).
- Wear a [mask](#) to protect yourself and others and stop the spread of COVID-19.
- [Stay at least 6 feet \(about 2 arm lengths\)](#) from others who don't live with you.
- Avoid crowds and poorly ventilated spaces. The more people you are in contact with, the more likely you are to be exposed to COVID-19.

Get Vaccinated

- Authorized COVID-19 vaccines can help protect you from COVID-19.
- You should get a [COVID-19 vaccine](#) when it is available to you.
- [Once you are fully vaccinated](#), you may be able to start doing some things that you had stopped doing because of the pandemic.

Wear a mask

- Everyone 2 years and older should wear masks in public.
- Masks should be worn in addition to staying at least 6 feet apart, especially around people who don't live with you.
- If someone in your household is infected, people in the household [should take precautions including wearing masks to avoid spread to others](#).
- [Wash your hands](#) or use hand sanitizer before putting on your mask.
- Wear your mask over your nose and mouth and secure it under your chin.
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.

*Prevention/Prevention steps referenced in *WHEN YOU HAVE BEEN FULLY VACCINATED*

Updated Mar. 8, 2021

- If you have to continually adjust your mask, it doesn't fit properly, and you might need to find a different mask type or brand.
- Make sure you can breathe easily.

Effective February 2, 2021, [masks are required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.

Stay 6 feet away from others

- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arm lengths\) from other people.](#)
 - **Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)**

Avoid crowds and poorly ventilated spaces

- Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, bring in fresh air by opening windows and doors, if possible.

hands wash light icon

Wash your hands often

*Prevention/Prevention steps referenced in *WHEN YOU HAVE BEEN FULLY VACCINATED*

Updated Mar. 8, 2021

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- 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.
- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- 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 [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.
- **Then, use a household disinfectant**. Use products from [EPA's List N: Disinfectants for Coronavirus \(COVID-19\)](#)[external icon](#) according to manufacturer's labeled directions.

*Prevention/Prevention steps referenced in *WHEN YOU HAVE BEEN FULLY VACCINATED*

CDC – Centers for Disease Control and Prevention

COVID 19 - How to Protect Yourself & Others*

Updated Mar. 8, 2021

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms](#) of **COVID-19**.
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).

- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

*Prevention/Prevention steps referenced in *WHEN YOU HAVE BEEN FULLY VACCINATED*