

#### How to Protect Yourself and Others

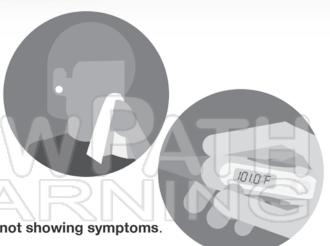


Name \_\_\_\_\_ Date \_\_\_\_\_

## **Everyone Should:**

### **Know how the Virus Spreads**

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks,
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.





# **PREVIEW**

Please <u>Sign In</u> or <u>Sign Up</u> to download the printable version of this worksheet

- Avoid close contact with people who are sick.
- Stay at home as much as possible.
- Maintain good social distance (about 6 feet).
- Cover your mouth and nose with a cloth face covering when around others.
- Remember that some people without symptoms may be able to spread virus.
- Avoiding close contact is especially important for people who are at **higher risk** of getting very sick.





#### How to Protect Yourself and Others



Name \_\_\_\_\_ Date \_\_\_\_\_ **Everyone Should: Know how the Virus Spreads PREVIEW** Please Sign In or Sign Up to download the printable version of this worksheet