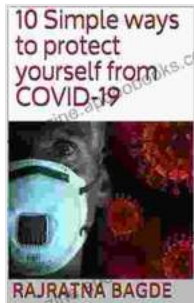


# 10 Simple Ways To Protect Yourself From Covid 19



## 10 Simple ways to protect yourself from COVID-19

by Machado de Assis

★★★★★ 5 out of 5

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The COVID-19 pandemic has had a profound impact on our lives. We've all had to make changes to our daily routines, and we've all had to learn new ways to stay safe. One of the most important things we can do to protect ourselves from COVID-19 is to take simple steps to prevent the spread of the virus.

Here are 10 simple ways to protect yourself from COVID-19:

### **1. Wash your hands frequently with soap and water for at least 20 seconds.**

Washing your hands is the most important thing you can do to prevent the spread of COVID-19. The virus can live on surfaces for hours or even days, so it's important to wash your hands thoroughly and frequently.

## **2. Use hand sanitizer with at least 60% alcohol if you can't wash your hands.**

Hand sanitizer can be used in a pinch if you don't have access to soap and water. However, it's important to note that hand sanitizer is not as effective as washing your hands.

## **3. Avoid touching your face.**

The virus can enter your body through your eyes, nose, or mouth. Avoid touching your face to prevent the virus from getting into your system.

## **4. Maintain a distance of at least 6 feet from others.**

Social distancing is one of the most effective ways to prevent the spread of COVID-19. The virus can be spread through droplets that are released when an infected person coughs, sneezes, or talks. Staying at least 6 feet away from others can help you avoid inhaling these droplets.

## **5. Wear a mask in public settings.**

Wearing a mask is an important way to protect yourself and others from COVID-19. Masks help to block droplets that contain the virus. They are most effective when everyone wears them.

## **6. Get vaccinated as soon as possible.**

Vaccination is the most important weapon we have against COVID-19. The vaccines are highly effective at preventing serious illness, hospitalization, and death. If you have not yet been vaccinated, please make an appointment to do so as soon as possible.

## **7. Stay home if you are sick.**

If you are experiencing any symptoms of COVID-19, such as fever, cough, or shortness of breath, it is important to stay home. This will help to prevent you from spreading the virus to others.

## **8. Cover your mouth and nose when you cough or sneeze.**

When you cough or sneeze, cover your mouth and nose with a tissue or your elbow. This will help to prevent the spread of droplets that contain the virus.

## **9. Clean and disinfect surfaces regularly.**

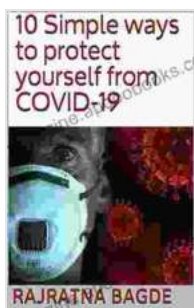
The virus can live on surfaces for hours or even days. It is important to clean and disinfect surfaces that are frequently touched, such as doorknobs, light switches, and countertops.

## **10. Monitor your symptoms.**

If you develop any symptoms of COVID-19, it is important to monitor your symptoms and contact your doctor. Early diagnosis and treatment can help to prevent serious illness.

By following these simple steps, you can help to protect yourself and others from COVID-19.

For more information on COVID-19, visit the CDC website.



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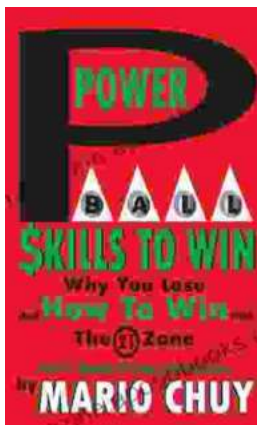
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