Protect yourself from the spread of COVID-19

There are general precautions you can take to prevent the spread of viral respiratory infections.

Wash your hands frequently with soap and water or alcohol-based hand sanitizer, lather for at least **20 seconds** ▸

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

Avoid close, unprotected contact with anyone with respiratory symptoms

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing

◂ Clean and disinfect frequently touched objects and surfaces with **isopropyl alcohol**

◂ Stay healthy: eat a balanced diet, get rest, avoid stress

UAB MEDICINE

The University of Alabama at Birmingham