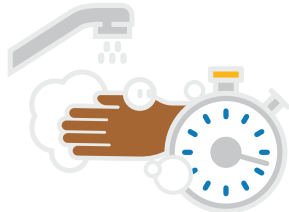# Coronavirus Prevention

Protect yourself & those around U

Wash your hands often with soap and water for at least 20 seconds.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

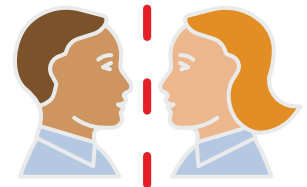Clean and disinfect frequently touched objects and surfaces.

Avoid touching your eyes, nose, and mouth.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
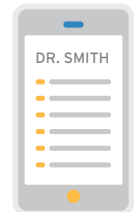
Stay home when you are sick.

Limit close contact with people who are sick.

Use facemasks only if you are sick or have been instructed to do so by your health care provider.

If you have the symptoms of the coronavirus, contact your doctor or healthcare provider by phone or email for further instruction before visting the hospital or clinic.

DR. SMITH

Get a flu shot to prevent influenza if you have not done so this season.

Scan the code at right to get latest COVID-19 information or visit: https://uclahealth.org/coronavirus

UCLA Health

For more information visit: https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html