

Prevent COVID-19 Spread to Others if You are Sick (35 sec)

If you are sick with COVID-19 or think you might have it, take **steps** to help protect other people from getting sick:

1. **Stay home** except to get medical care. Call the doctor before visiting.
2. **Separate yourself** from others who live with you.
3. **Wear a mask** to protect others.
4. **Cover your coughs and sneezes with a tissue** and clean your hands right away.
5. **Avoid sharing items** with other people in your home. This includes things like towels and bedding. Be sure dishes are washed in hot water or the dishwasher before anyone else uses them.
6. **Stay aware of how you feel. If you start to have difficulty breathing or if you are worried about your health**, call your doctor.

For more tips, visit [c-d-c dot g-o-v](https://www.cdc.gov).