



Coronavirus Disease 2019 (COVID-19)

[Help Protect Yourself and Others](#)

[Music. No audio.]

< Help Protect Yourself and Others >

Stay 6 feet from others who don't live in your household. This is called **social distancing**. Social distancing **along with other measures** can help prevent the spread of COVID-19.

Wear a mask in public settings around people who don't live in your household.

Wear a mask. Make sure it fits snugly and covers your **nose and mouth**. Masks are an **additional** step to help slow the spread of COVID-19 when **combined** with every day preventive actions and social distancing in public settings.

Wash your hands often. When soap and water are not available, use **hand sanitizer** with at least 60% alcohol.

These three steps taken together will help protect you and your friends.

cdc.gov/coronavirus