Protecting Yourself and Your Family

According to the CDC, alcohol can be used to effectively disinfect surfaces. Simply wipe the surface with the alcohol.

**What type of alcohol to use**

- **70% alcohol**
- 70% Rubbing Alcohol or Liquor with a very high alcohol content (over 140 proof).

We recommend that you wear gloves (nitrile or polyethylene are CEH's recommendations) and open windows or turn on fans if possible so you get good ventilation.

**How to disinfect safely**

- **70% alcohol**
- 70% Rubbing Alcohol or Liquor with a very high alcohol content (over 140 proof).

**How to protect yourself**

**Know how it spreads**

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

**Take Steps to Protect Yourself**

- **Wash your hands**
  - Often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

- **Clean your hands often**
  - If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

- **Avoid touching**
  - Your eyes, nose, and mouth with unwashed hands.

- **Avoid close contact**
  - With people who are sick.

**Take Steps to Protect Others**

- **Stay home if you're sick**
  - Stay home if you are sick, except to get medical care.

- **Cover coughs and sneezes**
  - Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

- **Avoid close contact**
  - With people who are sick.

- **Wear a facemask**
  - If you are sick:
    - You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
  - If you are NOT sick:
    - You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

- **Clean and disinfect**
  - Clean AND disinfect frequently touched surfaces daily.