How can I avoid getting the novel coronavirus (COVID-19)?

Steps you can take to prevent the spread of flu and the common cold can also help prevent the spread of the coronavirus.

- Wash your hands often with soap and water.
- Avoid touching your eyes, nose and mouth.
- Avoid contact with sick people and stay home if you're sick.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

For more information visit healthoregon.org/coronavirus

You can get this document in other languages, large print, braille or a format you prefer. Contact Acute and Communicable Disease Prevention at 971-673-1111 or email OHD.ACDP@dhsoha.state.or.us. We accept all relay calls or you can dial 711.