

Protect yourself from the spread of COVID-19

There are general precautions you can take to prevent the spread of viral respiratory infections.

Wash your hands frequently with soap and water or alcohol-based hand sanitizer, lather for at least 20 seconds



◀ **Avoid touching your eyes, nose and mouth with unwashed hands**

Avoid close, unprotected contact with anyone with respiratory symptoms

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing



◀ **Clean and disinfect frequently touched objects and surfaces with isopropyl alcohol**



◀ **Stay healthy: eat a balanced diet, get rest, avoid stress**

uab.edu/coronavirus



THE UNIVERSITY OF ALABAMA AT BIRMINGHAM.