Actions to Protect Yourself and Others

Avoid being around other people if you or someone you live with feels sick.

If you must be around others, wear a mask that completely covers your nose and mouth, even inside where you live. You do not need to wear a mask if you are alone in a room.

Stay at least 2 meters/6 feet (2 arm lengths) away from other people who do not live with you, both indoors and outdoors.

When indoors and around others, open windows to improve ventilation and bring in fresh air.

Try not to touch your eyes, nose, mouth, or mask.

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and then wash your hands.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.

Clean things you or others touch often, like door handles, faucets, and tools.

Contact your employer or labor contractor if you have questions.

Get the COVID-19 vaccine when it's available to you.

Look for symptoms of COVID-19, such as:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you have any of the symptoms listed above, tell your employer or contractor. Find an onsite clinic or community health center near you for an appointment: https://findahealthcenter.hrsa.gov/. Tell the health center you think you might have COVID-19 and that you need to make an appointment.

cdc.gov/coronavirus

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