

# 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](https://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@dhsosha.state.or.us](mailto:OHD.ACDP@dhsosha.state.or.us). We accept all relay calls or you can dial 711.