# COVID-19 Prevention Tips

1

Wash your hands often

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. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.

**2**

6 FEET DISTANCE

Avoid close contact

Stay at least 6 feet (about 2 arms' length) from other people. Some people without symptoms may be able to spread virus. Stay out of crowded places and avoid mass gatherings. Keeping distance is important for people who are at higher risk of getting very sick.

3
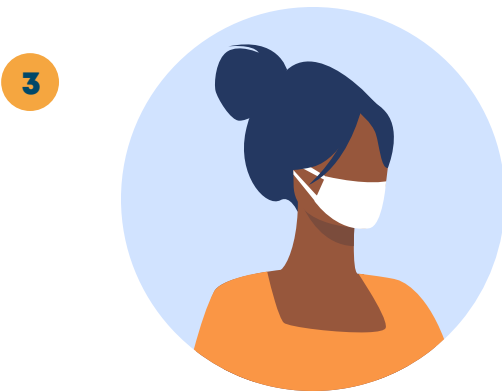
Wear a face covering

Cover your mouth and nose with a cloth face cover when around others. Everyone should wear a cloth face cover when they have to go out in public. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without help.

4
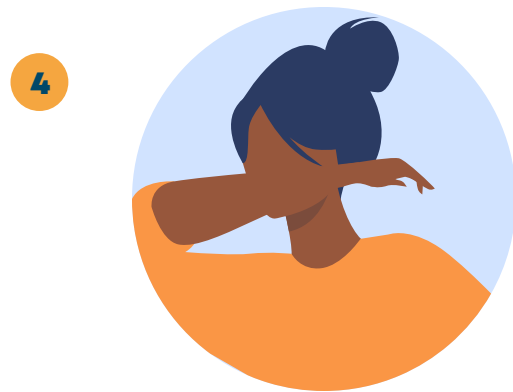
Cover coughs and sneezes

Remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

COVID-19 KNOW the Basics

RICHMOND CITY HEALTH DISTRICT | **HENRICO COUNTY** HEALTH DISTRICT
www.rchd.com

COVID-19 CALL CENTER
(804) 205-3501

Open Monday - Friday
8:00 AM - 5:00 PM