

# PERSONS EXPERIENCING HOMELESSNESS

## How to Protect Yourself

### KNOW HOW COVID-19 SPREADS

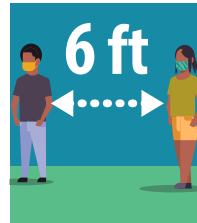


- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person to person.
  - » Between people who are in close contact with one another (within about 6 feet).
  - » Through respiratory droplets produced when an infected person breathes, coughs, or sneezes.
  - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### TAKE STEPS TO PROTECT YOURSELF



- 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.



- Put distance between yourself and other people if COVID-19 is spreading in your community.



- Avoid touching your eyes, nose, and mouth with unwashed hands.



- Cover your mouth and nose with a cloth face cover when around others.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)