

# PREVENTING THE SPREAD OF CORONAVIRUS: **WHAT YOU CAN DO**

Here's how to protect yourself against coronavirus, flu, and other respiratory viruses, according to the Colorado Department of Public Health & Environment (CDPHE):



## WASH HANDS

Wash your hands for 20 seconds or more with soapy water. Or, at a minimum, use an alcohol based sanitizer, which may be less effective than soap and water.



## COVER COUGHS & SNEEZES

Cover coughs and sneezes with a tissue or your inner elbow shirtsleeve.



## CLEAN FREQUENTLY

Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails, etc.



## AVOID CONTACT

Avoid close contact with anyone with cold or flu-like symptoms.



## IMMUNIZE

Get your flu shot and stay up-to-date on other routine immunizations.

Thank you for helping to keep our community healthy!



Updates available at:  
[cuanschutz.edu/coronavirus](https://cuanschutz.edu/coronavirus)



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