



# COVID-19

## Protect Yourself in Gatherings & Crowds

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Public health authorities suggest the cancellation of gatherings greater than 10 people and smaller gatherings that may bring people from multiple areas in the U.S. Gatherings and crowds also exist in other places—like work or stores—so it's important to stay 6 feet away from others.

Limit interactions if you are 65 or older or have underlying or chronic health conditions: compromised immunity, diabetes or heart or lung disease.

### Know How to Protect Yourself in a Crowd

#### Keep Your Hands Clean



**Wash your hands often with soap and water for at least 20 seconds.**

Throw used paper towels in the trash.

- Wash after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.
- Wash after you touch someone.

**If you don't have soap and water, use a 60% or more alcohol-based hand sanitizer.**

**Cough and sneeze into your bent elbow or a tissue.** Throw used tissues in the trash.



**Wear a cloth face covering over your mouth and nose.** Go to [CDC.gov](https://www.cdc.gov) and search "cloth face coverings" for sew and no-sew instructions. Or use your phone camera app and scan the code. Face coverings should:

- Fit snugly and comfortably against the sides of your face when secured with ties or ear loops.
- Allow you to breathe with ease.
- Be durable enough for machine washing and drying.

#### Keep at Least 6 Feet Between You and Other People



#### Limit interactions:

- Avoid shopping at peak hours and take advantage of delivery or pick-up services.
- Avoid public transit.
- Avoid areas with active outbreaks.
- Ask your employer if you can telecommute.
- Don't shake hands as a social greeting.

### Know When to Protect the Crowd

#### Avoid Leaving Home If You:

- Have been in contact with someone who has or may have COVID-19.
- Have traveled internationally to places under level 3 advisories or visited an area with widespread COVID-19 transmission within the last 14 days.
- Have been exposed to someone with respiratory illness within the last 14 days.
- Currently have fever, cough or a sore throat.