Steps You Can Take to Protect Yourself and Others from COVID-19

5 STEPS TO PRACTICE EVERYDAY

1. Practice Social Distancing
   - Stay at least 6 feet from other people
   - Do not gather in groups

2. Practice Good Daily Hygiene
   - Wash hands often and use a face mask
   - Avoid touching your face with unwashed hands
   - Cover your mouth and nose when coughing or sneezing

3. Avoid Close Contact
   - Avoid contact with people who are sick
   - Stay home as much as possible

4. Clean and Disinfect
   - Clean and disinfect frequently touched surfaces.
   This includes tables, doorknobs, counter-tops, phones, toilets, faucets, and sinks

5. Minimize Unnecessary Visitors in the Home

for more info visit:
https://health.hawaii.gov/coronavirusdisease2019/