Tips to Protect Yourself and Others Against COVID-19

**PROTECT YOURSELF AND OTHERS**
- Wear a mask or a cloth face covering.
- Avoid public transportation if possible.
- Wash your hands often. When you can’t, use hand sanitizer.
- Stay 6 feet from others.
- Other surfaces include toilets, faucets, and sinks.

**PROTECT YOUR HEALTH AT HOME**
- Clean and disinfect frequently touched surfaces daily.
- Get guidance from trusted, local sources as guidelines loosen.

**STAY CONNECTED**
- Use technology to talk with family, friends, and community, or to ask for help if you become sick.
- However, seek medical help and conduct in-person doctor appointments as normal.

**STAY INFORMED**
- Get guidance from trusted, local sources as guidelines loosen.
- Local TV news broadcasts
- Online MyPlaceCT.org/coronavirus
- Local radio

Remember that the threat of the coronavirus remains present and that everyone should continue to take the proper precautions to protect themselves and others around them.