

CORONAVIRUS (COVID-19)

de.gov/coronavirus



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health

PROTECT YOURSELF & OTHERS

WASH YOUR HANDS FREQUENTLY

Be sure to wash your hands, including the backs and under your nails, for 20 seconds. Or use alcohol-based hand sanitizer.



COUGH OR SNEEZE INTO YOUR ELBOW

Do not sneeze into your hand. If you use tissue, dispose of it right away.

DO NOT TOUCH YOUR FACE

Do not touch your face, eyes, nose, or mouth with unwashed hands.



CLEAN SURFACES REGULARLY

Clean commonly used surfaces such as phones, computers, desktops, countertops, cabinets and handles.

STAY HOME WHEN YOU ARE SICK

Be safe. If you feel sick, stay home.



IF YOU ARE HEALTHY, THE CDC DOES NOT RECOMMEND BUYING OR USING FACE MASKS

You should only wear a mask if a health care provider tells you to do so.



PREVENT THE FLU, GET VACCINATED

Be sure to receive your flu vaccine as soon as possible.



Questions? Contact us.

1-866-408-1899 or dphcall@delaware.gov

