

# CORONAVIRUS (COVID-19)

[de.gov/coronavirus](https://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.



### DO NOT TOUCH YOUR FACE

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



### CLEAN SURFACES REGULARLY

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



### COUGH OR SNEEZE INTO YOUR ELBOW

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

### STAY HOME WHEN YOU ARE SICK

Be safe. If you feel sick, stay home.



### PREVENT THE FLU. GET VACCINATED.

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



### WEAR A CLOTH FACE COVERING IN PUBLIC SETTINGS

The CDC recommends wearing cloth face coverings in public settings where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).

Questions? Contact us.

2-1-1 or 7-1-1 for those who are deaf and hard of hearing.

Email [DPHCall@delaware.gov](mailto:DPHCall@delaware.gov)

