

# STAY HEALTHY, HUSKIES

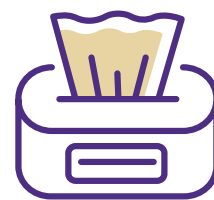
You can reduce the risk of spreading the coronavirus that causes COVID-19 by taking the same steps you'd take to avoid getting colds and the flu:



**Wash hands** often with soap and water for at least **20 seconds**. If water's not available, use **hand sanitizer** with 60–95% alcohol.



**Avoid touching your eyes, nose or mouth** with unwashed hands.



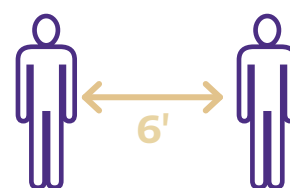
**Cover your mouth and nose** with your elbow or a tissue when you cough or sneeze — and immediately dispose of used tissues.



**If you're sick**, stay home and avoid close contact with others.



**If you need to miss class**, contact your instructors directly.



**Practice social distancing:** Avoid groups and crowds and maintain 6 feet of personal space.

Many people who contract this coronavirus have relatively mild symptoms and fully recover. If you're concerned about your symptoms, **call your health-care provider first** before seeking medical care in person.

For more info: [uw.edu/coronavirus](https://uw.edu/coronavirus)

