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.

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