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