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