Protect yourself from all infectious disease by using precautions

Stay home when you are sick

Avoid contact with people who are sick

Get adequate sleep and get well balanced meal

Wash hands often with soap and water for 20 seconds or longer and dry hand with a clean towel or ai dry

When a cloth face cover when going out in public

Avoid touching your eye, nose or mouths with unwashed hands or after touching surface

Cover your mouth with a tissue or sleeve when coughing or sneezing

Clean and disinfected "high touch" surfaces often

Call before visiting your doctor

Clean all "Hight-touch" surfaces every day

The Hight touch surface includes counter, tabletops, doorknob, bathroom fixtures, toilets, phones, keyboards, tables. Use a household cleaning spray or wipe, according to label instructions, label contains instructions for safe and effective use of the cleaning product.