**CDC Centers for Disease Control and Prevention**

**Control and Prevention**

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

* Avoid close contact with people who are sick.
* Avoid touching your eyes, nose, and mouth.
* Stay home when you are sick.
* Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
* Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
* Follow CDC’s recommendations for using a facemask.
  + CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  + Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](https://www.cdc.gov/coronavirus/2019-nCoV/hcp/infection-control.html) and [people who are taking care of someone in close settings](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html) (at home or in a health care facility).
* Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  + If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

These are everyday habits that can help prevent the spread of several viruses.