

# COVID-19 PREVENTION

## How do these steps work to help slow the spread?

COVID-19 is caused by a new virus, so scientists are still working hard to learn more about it. As more is learned about the virus, scientists, public health professionals, and medical professionals are able to improve and update our recommendations to better protect the community. Check out the information below to learn why social distancing, cloth face coverings, washing hands, and cleaning and disinfecting are recommended and how they help stop the spread.

### SOCIAL DISTANCING



COVID-19, the disease caused by the novel coronavirus, spreads mainly from person-to-person. When someone with the virus coughs, sneezes, or talks, they produce respiratory droplets. These virus-filled droplets can land in the mouths or noses of people who are nearby (within about 6 feet). Social distancing can help keep you from getting other people's respiratory droplets on you and keep yours from getting on them. Even if you don't feel sick, you could still have - and spread - the virus.

### FACE COVERINGS

Wearing a mask or other cloth face covering helps keep your respiratory droplets from getting on other people or nearby surfaces. You could spread COVID-19 to others even if you do not feel sick. The cloth face cover is meant to protect other people in case you are infected. Your mask helps protect them and theirs protects you. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



### CLEANING HANDS

When someone with the virus coughs, sneezes, or talks their respiratory droplets could end up on your hands or on nearby surfaces. If you touch your mouth or nose after their respiratory droplets got on your hands, or after touching the surface they got germs on, you could get infected. Washing your hands with soap and water or using hand sanitizer destroys the virus if it is on your hands, keeping you from getting infected if you touch your face. Tip: washing hands with soap and water can also kill other germs that can make you sick.



### CLEAN AND DISINFECT

When someone with the virus coughs, sneezes, or talks their respiratory droplets could end up on nearby surfaces. Germs could also end up on items like door handles if someone with the virus coughs or sneezes in to their hands and then touches something. If you touch your mouth or nose after touching a surface they got germs on, you could potentially get sick with the virus. Cleaning AND disinfecting frequently touched surfaces (like doorknobs, tables, or light switches) can destroy the virus if it is on the object or surface, keeping the virus from spreading to you if you touch the object and then touch your face. Tip: frequently cleaning and disinfecting surfaces and objects can help stop the spread of other illnesses too.



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