



## Steps You Can Take to Protect Yourself and Others from COVID-19

# 5 STEPS TO PRACTICE EVERYDAY



**1**

### Practice Social Distancing

- Stay at least 6 feet from other people
- Do not gather in groups

**2**

### Practice Good Daily Hygiene

- Wash hands often and use a face mask
- Avoid touching your face with unwashed hands
- Cover your mouth and nose when coughing or sneezing

**3**

### Avoid Close Contact

- Avoid contact with people who are sick
- Stay home as much as possible

**4**

### Clean and Disinfect

- Clean and disinfect frequently touched surfaces.  
This includes tables, doorknobs, counter-tops, phones, toilets,  
faucets, and sinks

**5**

### Minimize Unnecessary Visitors in the Home

for more info visit:

<https://health.hawaii.gov/ddd>

<https://health.hawaii.gov/bhhsurg/>

Source:

• <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>