

# HEALTHBREAK

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## How to Reduce Your Risk of COVID-19

The COVID-19 pandemic continues to pose a serious risk for many people. While there's still some mystery around how COVID-19 presents itself, there are key elements of the virus that are generally agreed upon among experts.

The virus is thought to mainly spread from person-to-person, particularly between people who are within 6 feet of each other. It seems to be mostly transmitted through the air in respiratory droplets that are made when an infected person coughs, sneezes, or talks. These germs can then land in the mouths or noses of people who are nearby.

Although a vaccine is in development, there's not yet one on the market. However, there are several things you can do to reduce your risk. Below are a few tips:

- 1. Wash your hands.** Wash with soap and warm water for at least 20 seconds.
- 2. Social distance.** Put six feet of space between you and anyone outside your home that you come into contact with. This is especially important for people who are at a higher risk of getting sick.
- 3. Use a mask.** Cover your mouth and nose with a mask when around others outside your home (or inside your home, if you're living with someone with COVID). Even if you don't feel sick, you can still spread the virus to others — the mask is meant to protect other people in case you are infected. The mask is not a substitute for social distancing.
- 4. Clean and disinfect surfaces daily.** This includes tables, doorknobs, counters, phones, etc.
- 5. Monitor your health.** Be alert for COVID-19 symptoms like fever, shortness of breath, and cough. If any symptoms develop, take your temperature and follow further [CDC guidance](#).



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