Coronavirus (COVID-19)?

Right now, the best defense to prevent getting COVID-19 is to follow some of the same steps you would take to prevent getting other viruses, such as the common cold or the [flu](https://my.clevelandclinic.org/health/diseases/4335-influenza-flu).

* [Wash your hands](https://my.clevelandclinic.org/health/articles/simple-secret-staying-well-wash-your-hands) for at least 20 seconds— especially before eating and preparing food, after using the bathroom, after wiping your nose, and after coming in contact with someone who has a cold.
* Avoid touching your eyes, nose and mouth to prevent the spread of viruses from your hands.
* Cover your mouth and nose with a tissue when sneezing and coughing or sneeze and cough into your sleeve. Throw the tissue in the trash. Wash your hands afterward. Never cough or sneeze into your hands!
* Avoid close contact (within 6 feet) with those who have coughs, colds or are sick. Stay home if you are sick.
* If you are prone to sickness or have a weakened immune system, stay away from large crowds of people. Follow the directions of your healthcare authorities especially during outbreaks.
* Clean frequently used surfaces (such as doorknobs and counter tops) with a virus-killing disinfectant.
* Use hand sanitizers that contain at least 60% alcohol if soap and water are not available.
* Greet people with a friendly gesture instead of shaking hands.
* Get enough sleep, eat a healthy diet, drink plenty of liquids and exercise if you are able. These steps will strengthen your immune system and enable you to fight off infections easier.