Tips to Prevent the Spread of COVID-19

Patient Education

### Avoid crowds.
A crowd means any big group of people.

**To practice physical distancing:**
- Stay home as much as possible
- Enjoy quiet outdoor spaces only with others in your household
- Stay at least 6 feet apart
- Walk your pet
- Do not hold hands

### Stay home if you feel sick.
Your provider can tell you if you need an evaluation.

**If you have a fever, cough and/or runny nose:**
- Contact your provider before getting care
- Stay in bed
- Watch TV or read a book
- Do not use public transportation, if possible
- Wear a mask if you have to go out
- Do not go to public areas, school or work

### Cover coughs and sneezes.
Do this when you are sick and if you have allergies.

### Remember to do these important things:
- Use a tissue or handkerchief
- Use your sleeve or elbow
- Put used tissues in the trash
- Wash your hands
Clean frequently used surfaces.

Use soap and water, 70% alcohol, or diluted household bleach (4 teaspoons per quart of water):

- Door knobs
- Taps and faucets
- Cell phones and TV remotes
- Light switches
- Toilet handles and seat covers
- Counter tops and tables

Clean your hands often.

Use soap and water or 60% alcohol hand sanitizer to clean your hands when you:

- Enter a building and home
- Use the bathroom
- Sneeze or cough
- Take public transportation
- Eat or prepare food

NOTE: Acknowledgment to Ellie Murray, Boston University School of Public Health for development of content reproduced here with slight modifications for Duke Health. See github.com/eleanormurray/COVID_19 for open access links to similar documents translated into numerous other languages.