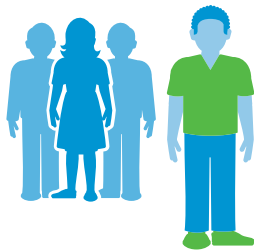


How to protect yourself from coronavirus disease 2019 (COVID-19)

Washing your hands
is the best way to avoid getting sick:



- **Wash often** with soap and water for at least 20 seconds.
- **If you can't use soap and water, use an alcohol-based hand sanitizer** with at least 60% alcohol.



Avoid close contact
with **people** who
are sick.

Stay home when
you are sick.



Avoid touching
your face.

Cover your cough
or **sneeze with a**
tissue, and throw
away the tissue.



Clean and disinfect
items and surfaces you
touch often with regular
household cleaning
spray or a wipe.

For up-to-date
information, visit
www.myamergroup.com/MD.

Sources:

Centers for Disease Control and Prevention: *About Coronavirus Disease 2019 (COVID-19)* (accessed March 2020): cdc.gov/coronavirus/2019-ncov/about/index.html.

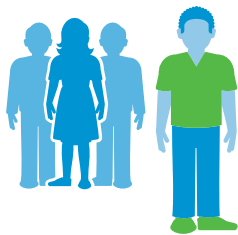
Centers for Disease Control and Prevention: *Frequently Asked Questions and Answers* (accessed March 2020): cdc.gov/coronavirus/2019-ncov/faq.html.

Centers for Disease Control and Prevention: *Handwashing* (accessed March 2020): cdc.gov/handwashing.

Cómo protegerse contra la enfermedad del coronavirus 2019 (COVID-19)

Lavarse las manos es la mejor forma de evitar enfermarse:

- **Lávese las manos con frecuencia** con jabón y agua por al menos 20 segundos.
- **Si no puede usar jabón y agua, use un desinfectante para manos a base de alcohol** que tenga al menos 60% de alcohol.



Evite el contacto cercano con personas que están enfermas.

Quédese en casa cuando esté enfermo.



Evite tocarse la cara.

Cúbrase la boca al toser o estornudar con un pañuelo de papel y deséchelo.



Limpie y desinfecte los artículos y las superficies que toca con frecuencia con un rociador de limpieza regular para el hogar o una toallita húmeda.

Para obtener información actualizada, visite www.myamerigroup.com/MD.

Fuentes:

Centers for Disease Control and Prevention: *About Coronavirus Disease 2019 (COVID-19)* (accedido en marzo de 2020); cdc.gov/coronavirus/2019-ncov/about/index.html.

Centers for Disease Control and Prevention: *Frequently Asked Questions and Answers* (accedido en marzo de 2020); cdc.gov/coronavirus/2019-ncov/faq.html.

Centers for Disease Control and Prevention: *Handwashing* (accedido en marzo de 2020); cdc.gov/handwashing.