Wash your hands often for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose.

Avoid close contact with people who are sick, and stay home when you are sick.

Avoid touching your eyes, nose, and mouth.

Cover your cough or sneeze with a tissue.

Disinfect objects and surfaces using a regular household cleaning spray or wipes.

Do not wear a face mask if you are healthy; wear a mask only if you have symptoms or are caring for those with symptoms.

For more information visit go.wlu.edu/coronavirus.