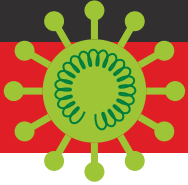


REDUCE THE RISK & SPREAD OF CORONAVIRUS



HOW DOES COVID-19 SPREAD?

Person-to-person spread

- The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.
- People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets.

Contact with contaminated surfaces or objects

- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.



HOW CAN I PROTECT YOURSELF?



Regularly clean your hands with an alcohol-based hand rub or wash with soap & water.



Maintain 6 feet distance between yourself & anyone who is coughing or sneezing.



Avoid touching eyes, nose, mouth, & face with unwashed hands.



Avoid social gatherings in groups of 10 or more.



Clean & disinfect frequently touched objects & surfaces.



Stay informed on the latest developments about COVID-19.



OGDENCLINIC

801-475-3000
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This list is not all inclusive. For the most current information about COVID-19, please visit: www.cdc.gov or www.coronavirus.utah.gov

Source: Utah Department of Health, World Health Organization, The Center for Disease Control.