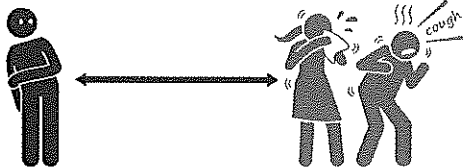
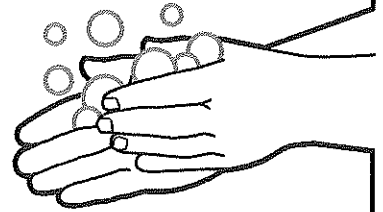


# Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

- Avoid close contact with people who are sick



- Wash your hands often for at least 20 seconds with soap and water



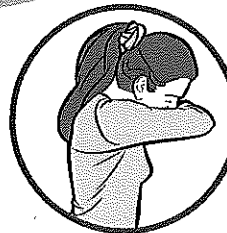
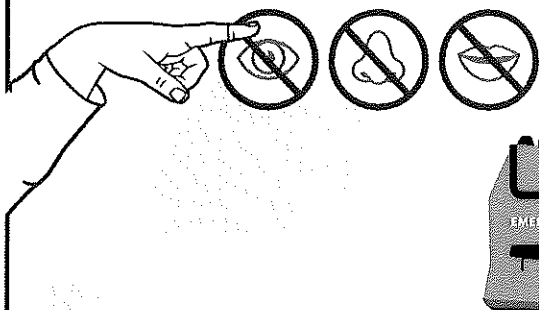
- Ensure all immunizations are up to date, including your seasonal flu shot

- Stay home if you are sick and avoid close contact with Family members and pets



- Use hand sanitizer when soap and water are unavailable

- Avoid touching your eyes, nose, and mouth



- Cover your cough/sneeze with a tissue, then throw it in the trash; cough/sneeze into your elbow if tissues are unavailable

- Create an emergency preparedness kit



For more COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Emergency Kit Checklist for Families:

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

The Military Health System Nurse Advice Line is available 24/7 by phone, web chat, and video chat.

Visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance> for more information.

