SL WING the spread of COVID-19

COVID-19 is believed to spread through air droplets from an infected person sneezing, coughing or touching their face and then touching surfaces that others might touch. Everyone has a role to play to reduce and slow the transmission of COVID-19.

Social Distancing
- Avoid crowded places and mass gatherings.
- Maintain a 6 foot distance away from others when possible.
- Stay away from crowds of 10+ people.

Isolation
- Isolation is suggested for someone believed to be infected and potentially infectious.
- This is usually done in a hospital setting.
- Healthcare workers take protective measures to prevent themselves and others from becoming infected.

Quarantine
- Those who believe to have been exposed are asked to self-quarantine.
- This means separating yourself from others even if you don't show symptoms.
- For 14 days, stay home, avoid public spaces, avoid contact with family members, and wash your hands often.

For more information, go to www.bcm.edu/coronavirus-preparedness

Source: Baylor College of Medicine