

## How to Prevent Catching & Spreading Coronavirus

Follow these tips to prevent yourself from catching coronavirus, or from potentially spreading the virus to others. Helpful tips for the conference season.

## How to Prevent **Catching The Virus**

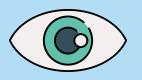
## How to Prevent **Spreading the Virus**



Wash your hands often, for at least 20 seconds using antibacterial soap or hand sanitizer.



Disinfect surfaces that you touch. Wash your hands often, for at least 20 seconds.



Avoid touching your eyes and mouth with unwashed hands.



Attending a conference means that you're in close proximity to others. Avoid handshakes and instead fist-bump, bow or touch elbows as a greeting instead.



As a home inspector, you should wear gloves while on an inspections and try to avoid close contact with people who are sick.



The recommendation from the CDC is to stay home for at least 14 days if you show symptoms or have been in contact with someone who has symptoms.



Cover your coughs and sneezes with a tissue and throw out the tissue.
Remember that the virus can stay there or on clothing for up to a week.

For More Information:



Monitor your symptoms and seek medical attention if your symptoms worsen.