How do I protect myself?

- **Wash your hands often with soap and water** for at least 20 seconds, especially after using the toilet and before you cook or eat! If soap/water is not available, use alcohol-based hand gel.
- **Cover your mouth/nose** with a tissue, sleeve, or elbow when coughing or sneezing.
- **Stay 6 feet apart** (about two arm lengths) from other people in line.
- **Only touch what you will use** when picking food or drinks.
- **Wear a cloth face covering** that covers your mouth and nose in public.
- **Avoid touching your eyes, nose, or mouth**, with unwashed hands.

**What is novel coronavirus?**

**COVID-19** (formerly known as the “novel coronavirus”) is a new virus spreading from person-to-person. It is currently in the United States and many other countries.

**Talk to program staff if you need help staying safe.** They can help make sure people stay 6 feet apart. They can also show you where soap or hand sanitizer is, if available.

- City of Seattle: https://www.seattle.gov/mayor/covid-19
- King County Novel Coronavirus Call Center: (206) 477-3977
  *The Call Center is open 7 days a week, 8am-10pm*