

Here are some things you can do to protect yourself and others

Practice social distancing

- Stay at least 6 feet from others. DO NOT SHARE BEVERAGES, CIGARETTES, OR FOOD.
- Have virtual meetings and get together (try free party apps like HouseParty)
- Don't hug or shake hands
- Make a conscious effort to avoid crowds and do not take public transportation, taxis, or ride-shares.
- Wear a cloth face covering when you go out in public, and in spaces where social distancing can't be maintained.
- Here are more ways to protect yourself when you are out [running essential errands](#).

Pay attention to personal hygiene

- Wash your hand frequently
- Don't touch your face
- Cover coughs and sneezes with the inside of your elbow or arm
- Stay home if you are sick and seek medical guidance when needed.

Keep surfaces clean

- Use the right product (diluted bleach solution, 70% alcohol solution, [follow CDC guidelines](#))
- Use the product correctly (follow the instructions)
- Clean the right surfaces (door handles, light switches, countertops, tables, desks, mobile phones)
- Don't use a disinfectant wipe on more than one surface
- Don't dry surfaces after wiping them down

Don't neglect your own mental well-being

- Check out these [great mindful mental health resources](#) from HCC staff.
- Try the [CDC's recommendations](#) for coping with COVID-related stress and anxiety.
- Download this Free Guide: [Living with worry and anxiety amidst global uncertainty](#).
- Download these helpful fact sheets from SAMHSA:
 - [Taking Care of Your Behavioral Health During an Infectious Disease Outbreak](#)
 - [Coping with Stress During Infectious Disease Outbreaks](#)
 - [How to Cope with Sheltering in Place](#)

Find more information about [protecting yourself and others from the CDC](#).