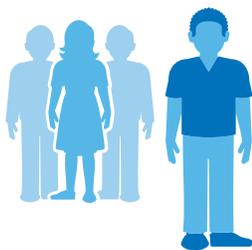


# How to protect yourself from coronavirus disease 2019 (COVID-19)

## Washing your hands is the best way to avoid getting sick:



- Wash often with soap and water for at least 20 seconds.
- If you can't use soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol.



Avoid close contact  
with people who  
are sick.

Stay home when  
you are sick.



Avoid touching  
your face.

Cover your cough  
or sneeze with a  
tissue, and throw  
away the tissue.



Clean and disinfect items  
and surfaces you touch  
often with regular household  
cleaning spray or a wipe.

For up-to-date  
information, visit  
[www.anthem.com/ca](http://www.anthem.com/ca).

Sources:

Centers for Disease Control and Prevention: *About Coronavirus Disease 2019 (COVID-19)* (accessed March 2020):  
[www.cdc.gov/coronavirus/2019-ncov/about/index.html](http://www.cdc.gov/coronavirus/2019-ncov/about/index.html).

Centers for Disease Control and Prevention: *Frequently Asked Questions and Answers* (accessed March 2020):  
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Centers for Disease Control and Prevention: *Handwashing: Clean Hands Save Lives* (accessed March 2020):  
[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).

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