# How can I avoid getting the novel coronavirus (COVID-19)?

Steps you can take to prevent the spread of flu and the common cold can also help prevent the spread of the coronavirus.

Wash your hands often with soap and water.

Avoid touching your eyes, nose and mouth.

Avoid contact with sick people and stay home if you're sick.

Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

For more information visit
**healthoregon.org/coronavirus**

Oregon Health Authority