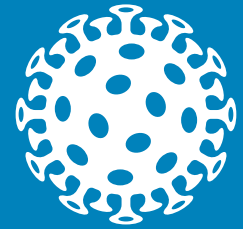


# Healthy habits to help prevent COVID-19



Do your part to protect yourself and your community from COVID-19, the disease caused by the novel coronavirus. Follow these simple steps, which also prevent the spread of cold and flu:



**Don't touch your face.**



**Sneeze/cough into your elbow.**



**Wash your hands often for at least 20 seconds.**



**Keep sick children home from school and day care.**



**Alcohol-based hand sanitizers are OK, too.**



**Clean and disinfect objects and surfaces you touch often.**



**Stay home when you're sick.**



**If you think you need care**, you should first call the member services number listed on your Kaiser Permanente membership card to speak with a medical professional or schedule a virtual appointment by phone or video. You can also book a virtual appointment by visiting [kp.org/appointments](https://kp.org/appointments).