Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating or preparing food, and after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use an alcohol-based hand sanitizer with 60%-95% alcohol.

Cover your coughs and sneezes with a tissue and then throw the tissue in the trash. If you don’t have access to a tissue, cough or sneeze into your upper sleeve.

Do not wear a mask at this time, the CDC does not recommend the use of facemasks by individuals that are not sick to prevent infection.

**Additional information on COVID-19 can be found at Coronavirus.Nashville.gov.**