**Coronavirus Defense**

Follow these healthy habits to limit your exposure to respiratory diseases such as colds, flu and COVID-19, the disease caused by the new coronavirus.

**• Wash your hands frequently.**

Regularly and thoroughly clean your hands with soap and water or use an alcohol-based hand sanitizer.

**• Keep your distance.**

Maintain at least 3 feet of distance between yourself and anyone who is coughing or sneezing.

**• Avoid touching your face.**

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and make you sick.

**• Protect others.**

Cover your mouth and nose with your bent elbow or a tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**• Seek medical care early.**

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call your health provider in advance to let them know what your symptoms are and why you’re coming in.

Follow the directions of your health provider.

Stay informed: <https://www.uncp.edu/campus-life/student-health-services/update-coronavirus-2019-ncov>