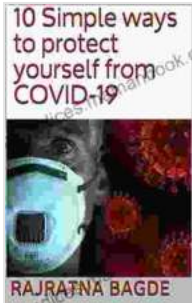


10 Simple Ways to Protect Yourself from COVID-19 and Stay Healthy



10 Simple ways to protect yourself from COVID-19

by Machado de Assis

★★★★★ 5 out of 5

Language : English
File size : 1397 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 17 pages
Lending : Enabled



COVID-19 is a serious illness that can cause severe respiratory problems and even death. While there is no cure for COVID-19, there are a number of things that you can do to protect yourself from the virus.

1. Wear a Mask

One of the most important things that you can do to protect yourself from COVID-19 is to wear a mask when you are in public places. Masks help to prevent the spread of the virus from person to person.

2. Social Distance

Social distancing is another important way to protect yourself from COVID-19. Social distancing means keeping a distance of at least 6 feet between yourself and other people when you are in public places.

3. Wash Your Hands Frequently

Washing your hands frequently with soap and water is one of the best ways to prevent the spread of COVID-19. Make sure to wash your hands for at least 20 seconds, and be sure to wash your hands after you have been in contact with other people or with surfaces that may have been contaminated with the virus.

4. Avoid Crowds

Avoiding crowds is another important way to protect yourself from COVID-19. Crowds can increase your risk of exposure to the virus, so it is important to avoid them if possible.

5. Stay Home If You Are Sick

If you are sick, it is important to stay home and avoid contact with other people. This will help to prevent the spread of the virus to others.

6. Get Vaccinated

Getting vaccinated is one of the best ways to protect yourself from COVID-19. Vaccines work by helping your body to build immunity to the virus. If you are not vaccinated, you should get vaccinated as soon as possible.

7. Clean and Disinfect Surfaces

Cleaning and disinfecting surfaces that you frequently touch can help to prevent the spread of COVID-19. This includes surfaces such as doorknobs, countertops, and bathroom fixtures.

8. Avoid Touching Your Face

Touching your face can increase your risk of exposure to COVID-19. This is because the virus can enter your body through your eyes, nose, and mouth.

9. Travel Safely

If you must travel, it is important to take steps to protect yourself from COVID-19. This includes wearing a mask, practicing social distancing, and avoiding crowds.

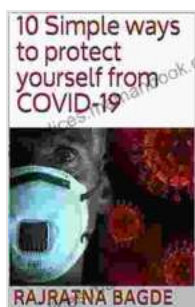
10. Be Aware of the Symptoms of COVID-19

It is important to be aware of the symptoms of COVID-19. These symptoms include fever, cough, shortness of breath, and fatigue. If you experience any of these symptoms, it is important to get tested for COVID-19.

By following these simple steps, you can help to protect yourself from COVID-19 and stay healthy.

For more information on COVID-19, please visit the following websites:

- Centers for Disease Control and Prevention
- World Health Organization
- Johns Hopkins Medicine



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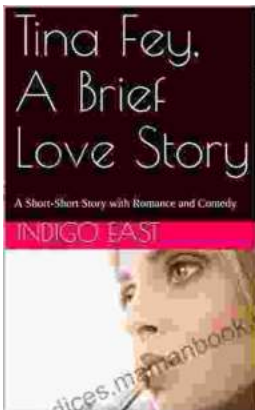
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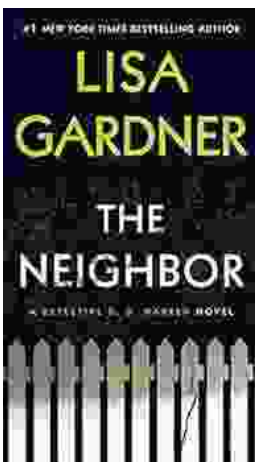
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