

## Resilient American Communities Program

### Can I prevent COVID-19 infection?

Based on the information received so far, and on our experience with other coronaviruses, COVID-19 appears to spread mostly through respiratory droplets (when a sick person coughs, for example) and close contact,” a WHO spokesperson told *Medical News Today*.

In light of that information, the spokesperson said, the WHO recommend preventive actions to minimize exposure to droplets.

During day-to-day activities, people can take the following measures to prevent infection, in accordance with WHO guidelines:

1. Clean the hands regularly with an alcohol-based sanitizer, or wash them with soap and water. [The CDC](#) also make this recommendation, advising that sanitizer should contain “at least 60% alcohol” and that people should wash their hands for at least 20 seconds.
2. Clean surfaces — such as kitchen seats and work desks — regularly with disinfectant.
3. Avoid crowded areas when going out, for people over 60 years old and people with any underlying health problems.
4. Try to avoid close contact with people who display flu-like symptoms, including coughing and sneezing.
5. Get accurate information about COVID-19. Some good sources include the [Pan American Health Organization](#) and [WHO](#) websites.

The [American Red Cross](#) also advise against touching the mouth, nose, or eyes when out and about, before having a chance to wash the hands.

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Also, [the CDC](#) recommend getting the flu shot to prevent other seasonal respiratory infections.

### [More Information](#)

*Source:* Cohut, Maria. "COVID-19: What You Can Do Right Now to Stay Safe." *Medical News Today*, 5 Mar. 2020, <https://www.medicalnewstoday.com/articles/covid-19-what-you-can-do-right-now-to-stay-safe#Additional-public-health-resources>.