Keep Your Distance • Most infections of COVID-19 are spread through close contact such as respiratory droplet transmission within a short range (less than six feet). • Airborne transmission at greater distances appears to have occurred in enclosed spaces with inadequate ventilation, and with respiratory exertion (singing, speaking loudly, exercising).

Wear a Face Covering • Cloth masks block most large droplets and can also block the exhalation of aerosols, both of which may contain live virus. • Face coverings protect the person wearing them and the people around them. • Face coverings do not reduce oxygen levels or increase carbon dioxide levels. First responders and healthcare workers safely wear masks daily.

Wash Hands & Clean Surfaces • Wash your hands with soap and water for at least 20 seconds. If this isn't possible, then use hand sanitizer that contains at least 60% alcohol. Avoid touching your face if you haven't washed your hands! • Clean and disinfect frequently touched surfaces such as doorknobs, light switches and phones.

It is important to follow these guidelines even with vaccines coming out. It will take some time for the population to be protected. Learn more at aaaai.org.