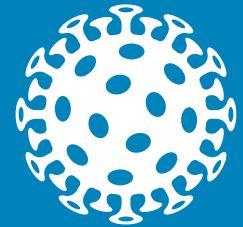# Healthy habits to help prevent COVID-19

Do your part to protect yourself and your community from COVID-19, the disease caused by the novel coronavirus. Follow these simple steps, which also prevent the spread of cold and flu:

Don't touch your face.

Sneeze/cough into your elbow.

Wash your hands often for at least 20 seconds.

Keep sick children home from school and day care.

Alcohol-based hand sanitizers are OK, too.

Clean and disinfect objects and surfaces you touch often.

Stay home when you're sick.

If you think you need care, you should first call the member services number listed on your Kaiser Permanente membership card to speak with a medical professional or schedule a virtual appointment by phone or video. You can also book a virtual appointment by visiting kp.org/appointments.

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