

# COVID-19 Preventative Measures

[Help Protect Yourself and Others from COVID-19 and other respiratory viruses.](#)



WALLACE  
COMMUNITY  
COLLEGE  
Dothan • Eufaula

1. **Wear a Mask**
  - a. Wear a well-fitted mask in crowded or enclosed spaces.
  - b. Ensure it covers both your nose and mouth.
2. **Wash Your Hands**
  - a. Wash hands frequently with soap and water for at least 20 seconds.
  - b. Use hand sanitizer with at least 60% alcohol if soap is unavailable.
3. **Maintain Social Distance**
  - a. Stay at least 6 feet apart from others, especially in crowded areas.
  - b. Avoid close contact with people who are sick.
4. **Get Vaccinated**
  - a. Stay up to date with COVID-19 vaccines and boosters.
  - b. Vaccination helps reduce the risk of severe illness.
5. **Clean and Disinfect**
  - a. Regularly disinfect frequently touched surfaces like doorknobs, phones, and countertops.

## When You Are Sick

1. **Stay Home If You Feel Sick**
  - a. Monitor for symptoms like fever, cough, and shortness of breath.
  - b. Get tested and follow local health guidelines if you have symptoms.
2. **Cover Coughs and Sneezes**
  - a. Use a tissue or your elbow, not your hands.
  - b. Dispose of used tissues properly and sanitize your hands afterward.
3. **[Return to Normal Activities](#) when, for at least 24 hours, both are true**
  - a. Your symptoms are getting better overall, and
  - b. You have not had a fever (and are not using fever-reducing medication).
  - c. When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional [steps for cleaner air](#), [hygiene](#), [masks](#), [physical distancing](#), and/or [testing](#) when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.

For more information, visit Your Local Health Department or the CDC at [www.cdc.gov/covid](http://www.cdc.gov/covid)

Stay Safe. Stay Healthy.