To protect yourself and loved ones, here are some things you can do:

1. **Avoid close contact with people who are sick**
2. **Wash your hands with soap and water frequently**
3. **Try not to touch your eyes, nose, and mouth with unwashed hands**
4. **Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands**
5. **Use hand sanitizer (with at least 60% alcohol), if soap and water are not available**