

2019冠状病毒病：降低您的风险

您做出越多低风险的选择，能让您获得越多保护，避免得到或传播2019冠状病毒病。

最安全 ————— 最高风险

面部保护罩		每个人都戴上口罩或面部保护罩	大多数人戴口罩	有些人戴口罩	没有人戴口罩
社交距离		不亲自参与任何活动；只通过虚拟网络参与	与他人保持6尺或以上的距离	与他人的距离在6尺以内	面对面站立、拥抱、握手
飞沫传播		正常呼吸	大声说话或剧烈呼吸	大喊、大叫或唱歌	咳嗽或打喷嚏
地点		户外开放空间	停留在户外遮盖（凉亭、有顶门廊）	空气流通良好的大型室内房间	空气流通不良的小型室内房间
食物		只携带和触碰您自己的食物	食用预先配好的食物，保持良好的手部卫生	家庭式，但只用您自己的餐具	
Groups		Only household members	Small groups (two households, under 10 people)	Large groups over 10 people	Large gatherings with people from different geographic areas

EXAMPLES

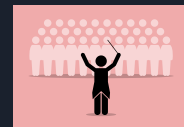
SAFEST ————— SAFER, SOME RISK ————— RISKIEST



Staying home with only people you live with



Small outdoor gathering, keeping at least 6 feet apart



Singing with a large choir in a small room

ALWAYS REMEMBER



Washing hands well and often reduces risk in all situations. If you don't have soap and water, use a hand sanitizer that contains at least 60% alcohol.



Stay home if you're feeling any mild symptoms, except to get medical care.