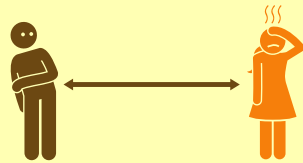


# Coronavirus Disease 2019 (COVID-19): Protect Yourself and Your Family

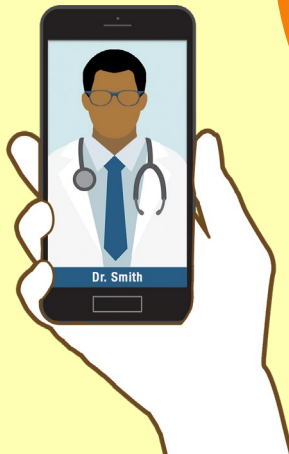
- Continue taking everyday actions to stop the spread of germs



- Routinely clean and disinfect frequently touched objects and surfaces



If COVID-19  
is present in  
your community



- If you are sick, call your medical provider for instructions on receiving care before going to the clinic

- Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies before going to the clinic



For more COVID-19 information:

<https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Military Health System Nurse Advice Line is available 24/7 by phone, web chat, and video chat.

Visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance> for more information.

