There's only one thing you need to understand about how a coronavirus spreads.

1. The virus spreads when these droplets:
   - Eyes
   - Nose
   - Mouth

2. So if you see someone who is visibly coughing/sneezing/sick, you can choose to:
   - Don't go close.
   - Practice physical distancing.
   - Give them a mask. They can wash/sneeze into it to protect everyone else nearby.

3. Or, take the mask out for them.

4. In general, it's a good idea to avoid crowds because you don't know who might be sick.
   - People who are infected can show no symptoms, but are still contagious.
   - Cover your nose and mouth when sneezing.

5. However, sometimes a sick person's saliva can get on other things.

6. And if you touch any of these things by accident, and then touch your face:
   - Nose
   - Eyes
   - Or your loved one's face.

7. Viruses can last for quite a few hours on objects.

8. Which is why it is also good to follow these 5 precautions:

9. Do not touch your face. (Or anyone else's face.)
   - If you have to, wash your hands with soap thoroughly first.

10. What is thoroughly?
    - Wash the back of your hands.
    - Between the fingers.
    - Under the nails.
    - Use soap and water.

11. Throw away masks once they feel gross, don't wear them for more than a day.
    - Make sure to wash your hands if you touch the masks.

12. Do not share food, utensils, cups, towels.
    - Everyone gets their own.

13. Open and close doors with your elbows or shoulders instead of hands, if possible.

14. And finally, always wash your hands with soap:
    - Before you eat.
    - And after being out in the public.

15. Stay safe, everyone!

16. Main references for medical info:
   - “The Woman Who Changed the World,” by Laura Smith, in Haaretz, March 22, 2020
   - “This Non-Surgical Mask Keeps Your Whole Face Covered,” by Isaac Schy, in The Verge, October 29, 2020

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