

CORONAVIRUS DISEASE 2019 (COVID-19)

[CDC.gov/COVID-19](https://www.cdc.gov/COVID-19)

February 8, 2021

This message includes updates on the [COVID-19](https://www.cdc.gov/COVID-19) response from CDC. The COVID-19 Outbreak is a rapidly evolving situation and information will be updated as it becomes available.



It's a two-way street, Masks protect you & me, When we all wear masks, we take care of each other, Wear masks, avoid

Masks Protect You & Me

Masks are an additional step to help prevent people from getting and spreading COVID-19. They provide a barrier that keeps respiratory droplets from spreading. Masks are a two way street and protect you and me. When we all wear masks, we take care of each other and everyone is protected.

Take these 4 steps for the most protection.

- Wear masks
- Stay 6 feet apart
- Avoid crowds and poorly ventilated places

crowds, stay 6 feet apart, and wash your hands, Take all four steps for the most protection

- Wash your hands

Masks Protect



How to Select and Use Hand Sanitizer

To prevent the spread of germs, including COVID-19, CDC recommends washing hands with soap and water whenever possible. If soap and water are not readily available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others.

Properly apply alcohol-based sanitizer by rubbing the gel over all surfaces of your hands and fingers until your hands are dry.

Do Not

- Rinse or wipe off the alcohol-based hand sanitizer before it's dry

- Use alcohol-based hand sanitizer to clean surfaces
- Store alcohol-based hand sanitizer above 105°F
- Swallow alcohol-based hand sanitizers

Hand Sanitizer



Large Gatherings

If you plan to attend a large gathering, those held outdoors are safer than indoor gatherings. Stay home if you are sick or have been near someone who thinks they may have or have been exposed to COVID-19. Here are some safer ways to enjoy events.

- Attend a virtual concert or show with friends and family
- Host a virtual family party or reunion
- Watch a sporting event with people you live with

- Attend online conferences instead of in person events
- Attend a drive-in event
- Attend a virtual religious ceremony or celebration
- Wear masks at all times except when you are actively eating or drinking.

Large Gatherings



Small Gatherings

Gathering virtually or with the people you live with is the safest choice. If you do gather with people who don't live with you, gatherings and activities held outdoors are safer than indoor gatherings. Everyone should take these steps to make the gatherings safer.

- Have conversations with the host ahead of time to understand expectations for celebrating together
- Bring your own food, drinks, plates, cups, utensils, and condiment packets
- Wear a mask indoors and outdoors
- Avoid shouting, cheering loudly, or singing
- Stay home if you are sick or have been near someone who thinks they may have or have been exposed to COVID-19

Small Gatherings



Have a Safer Valentine's Day

The safest way to celebrate Valentine's Day is gathering virtually or with people who live with you.

- Make Valentine cards or decorations and drop them off to loved ones

- Take a walk with your Valentine
- Celebrate with loved ones virtually
- Prepare a special meal or dessert
- Plan a special movie or game night
- Have a picnic outside

Safer Valentine's Day

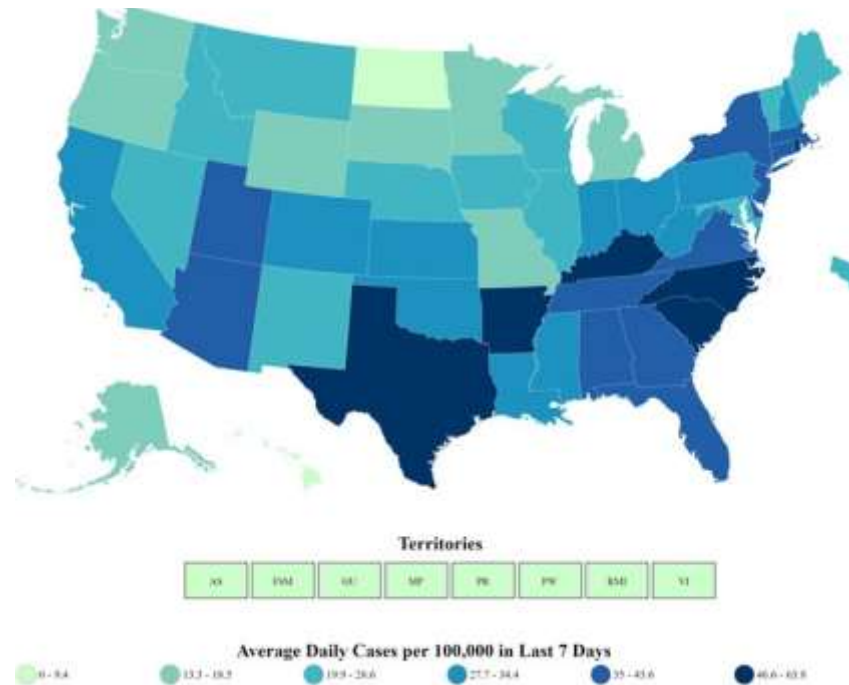
Coronavirus Disease 2019 (COVID-19) in the U.S.

February 8, 2021

US states, territories, and District of Columbia have reported 26,852,809 cases of COVID-19 in the United States.

CDC provides updated U.S. case information online daily.

In addition to cases, deaths, and laboratory testing, CDC's COVID Data Tracker now has a [Vaccinations](#) tab to track distribution of COVID-19 vaccines in your state.



U.S. Cases



Centers for Disease Control and Prevention

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