Even if you are young or otherwise healthy, you are at risk and your activities can also increase the risk for others.

Stay home.
Many states and municipalities have issued directives to shelter in place and request residents to stay home as much as possible. This includes work, school, discretionary shopping trips, and social visits.

Wash your hands often.
Make sure you use soap and water and wash for at least 20 seconds, especially after leaving a public space, coughing, blowing your nose, or sneezing.

Practice good hygiene.
In addition to regular hand washing, avoid touching your face. Sneeze or cough into a tissue, and immediately throw the tissue away. Disinfect frequently used items and surfaces as much as possible.

What to clean?
Remember to keep your electronic devices and frequently touched surfaces and appliances cleaned / sanitized often.

Want to learn more on how to keep yourself and others safe?
Center for Disease Control (CDC):
COVID-19 Preparation Recommendations