

# The Swiss Cheese Model\* of COVID-19 Prevention

Think of defending yourself from COVID-19 as slices of Swiss cheese. Wearing a mask or washing your hands is not enough because each slice by itself has holes. If you layer the slices by taking more safety steps, you'll protect yourself and others better.



Wear a mask.



Wash your  
hands often.



Maintain 6 feet  
of distance.



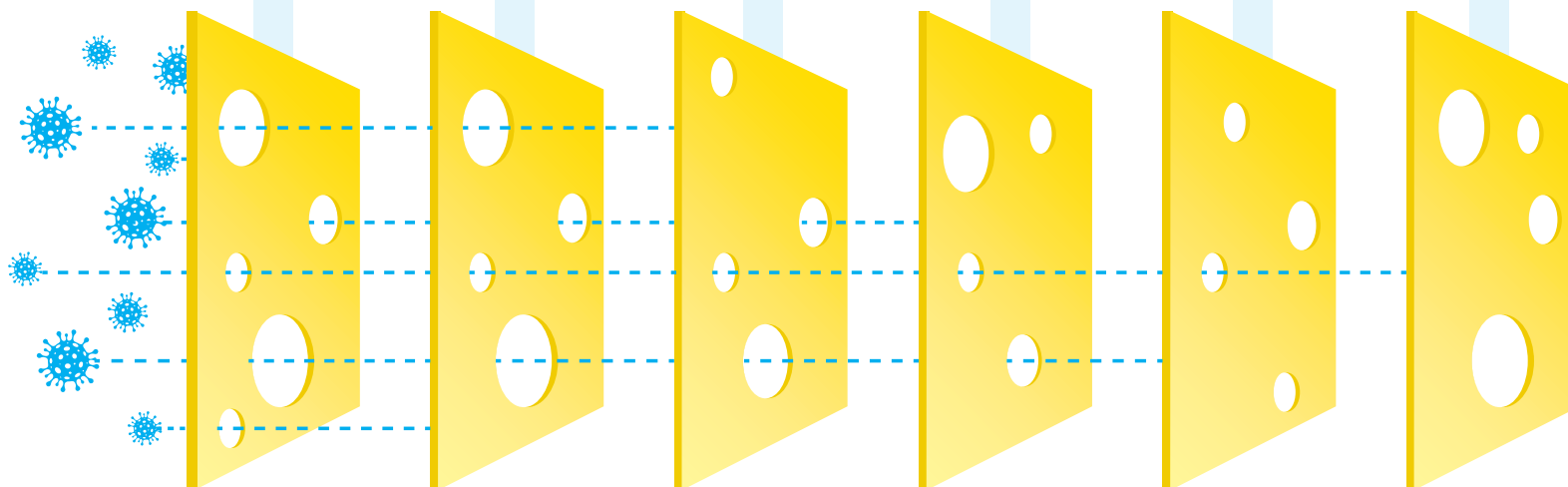
Clean high-touch  
surfaces.



Avoid large,  
indoor  
gatherings.



Open windows and  
screen doors to  
improve home  
ventilation, if possible.



\*In 1990, James Reason, Ph.D., introduced the "Swiss Cheese Model" that has been adopted to improve safety across many industries.