PREVENTING THE TRANSMISSION OF THE CORONAVIROUS (COVID-19)

✓ Handwashing is key to flu and coronavirus prevention. Please be diligent about washing your hands several times a day. Experts believe coronavirus is mainly spread through droplets when a person coughs or sneezes. Those droplets can land in the mouths or noses of people who are nearby or be inhaled into the lungs. It can also be spread when those droplets land on surfaces or objects.

✓ Be especially conscious about hand-washing when traveling.

✓ Washing hands thoroughly with soap and water is always preferred, but anti-bacterial lotion can also help.

✓ Avoid touching your face.

✓ Sneeze or cough into a tissue, or the inside of your elbow.

✓ Avoid shaking hands.

✓ If you feel sick, stay home. Do not go to work. Contact your medical provider.

✓ If your children are sick, keep them at home. Contact your medical provider.

✓ If someone in your household has tested positive for the coronavirus, keep the entire household at home.

✓ If you are an older person, stay home and away from other people.

✓ If you are a person with a serious underlying health condition that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

✓ Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to stop the spread of the coronavirus:

a. Work or engage in schooling from home whenever possible.

b. If you work in a critical infrastructure industry, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.
c. Avoid social gatherings in groups of more than 10 people.

d. Avoid eating or drinking in bars, restaurants, and food courts – use drive-thru, pickup, or delivery options.

e. Avoid discretionary travel, shopping trips, and social visits.

f. Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.

Source: The President’s Coronavirus Guidelines for America | 03.16.2020