

Care and Prevention Tips

The Centers for Disease Control and Prevention recommend the following to help prevent the spread of respiratory viruses including the coronavirus:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover a cough or sneeze with a tissue and throw the tissue away immediately.
- Do not share cups, glasses, water bottles, eating utensils, etc.
- Regularly clean and disinfect frequently-touched objects such as mobile phones.

The CDC does not recommend that people who are well wear facemasks.

For additional information, please refer to the Centers for Disease Control and Prevention site:

www.cdc.gov/coronavirus/2019-ncov