

CORONAVIRUS

How To Protect Yourself

To prevent the spread of the COVID-19, use everyday precautions that people take to prevent cold and flu.

- Wash your hands often with soap and water for at least 20 second. If soap and water is not available, use hand sanitizer that is 60% or more alcohol
- The areas where the pathogens grow are the mouth, nose and eyes. Avoid touching these areas without clean hands
- Do not stand close to people who are sick. This may mean taking stairs instead of elevator
- If you are sick, stay at home
- If you have facial hair, microscopic pathogens will be able to travel through the tiny passages made by hairs
- **Stop Buying Face Masks!** The Center of Disease Control (CDC) does not recommend that people who are well wear a face mask to protect themselves
- Cover your mouth when you sneeze, either use a tissue or your elbow. Throw used tissues in the trash right away
- If you take an elevator, try not to touch buttons with your fingers. That's also true for other objects or surfaces that other people may touch. Clean and disinfect those areas if you can. Otherwise, avoid touching them
- If you have traveled to China , Hong Kong, Macau, Iran, South Korea or regions of Italy or have been on an international flight with others in the last two weeks, you may wish to seek medical treatment for any symptoms. Call ahead to let them know why you're coming so proper screening may be done



For more information visit the Center for Disease Control website at www.cdc.gov