

# CORONAVIRUS DISEASE (COVID-19) DON'T PANIC, PREPARE

Take the same precautions you would during the flu season. The best way to prevent the spread of this new virus is to cover your cough, stay home when you're sick and avoid being within six feet of others who might be sick.

## RECOMMENDATIONS FROM THE CDC INCLUDE:

- 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.
- When using a hand sanitizer, make sure it contains at least 60 percent alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Don't shake hands. It's not about being rude, it's just being careful.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Take good care of yourself. For example, quit smoking. The healthier you are, the better your chances of "weathering the storm."
- Don't wear face masks unless you are sick. They need to be conserved in case of emergency.
- Consider what you would do if schools or daycares close.
- Stay home if you are sick.
- Check CDC travel guidelines before taking a trip.

