



## **CORONAVIRUS**

### **STAY HEALTHY WITH COMMON-SENSE PRECAUTIONS**

You have heard in the news about the Coronavirus (COVID-19), a virus that can cause respiratory tract infections and gastrointestinal distress. Coronavirus can spread easily, so we must work together to all stay healthy. The Centers for Disease Control and Prevention and other experts advise some simple precautions to help protect our community during this outbreak of the Coronavirus (COVID-19):

- ✓ Avoid close contact with people who are sick.
- ✓ Avoid touching your face, especially your eyes, nose, and mouth.
- ✓ Stay home when you are not feeling well.
- ✓ Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, sneeze or cough into the crook of your elbow – NOT YOUR HANDS.
- ✓ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- ✓ Wash your hands often with soap and water for at least 20 seconds, especially after using 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 your hands are visibly dirty.
- ✓ Avoid crowded places.
- ✓ Do not shake hands (or even bump fists) for the duration of this medical event.
- ✓ Avoid unnecessary travel.
- ✓ Tell your supervisor or direct support person if you do not feel well.
- ✓ Tell your supervisor or direct support person if you have been in contact with anyone who has the Coronavirus, and please do not come to work. These last two are very important, so we are going to repeat them:

**IF YOU ARE NOT FEELING WELL OR HAVE BEEN IN CONTACT WITH SOMEONE WHO HAS THE CORONAVIRUS, PLEASE TELL US.**

Questions? Contact: \_\_\_\_\_