

## Steps to Help Protect Against Coronavirus COVID-19

### About Coronavirus COVID-19

- The Centers for Disease Control and Prevention (CDC) is responding to an outbreak of respiratory disease caused by a new Coronavirus (COVID-19) that was first detected in China and has now spread to multiple countries including the U.S.
- According to the CDC, patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure and include fever, cough and shortness of breath.
- Call your healthcare professional if you develop symptoms and have been in close contact with a person known to have the disease, or if you have recently traveled from an area with widespread or ongoing community spread of the disease.
- The following health and preparedness tips can help you stay healthy and prepare for possible disruptions due to this coronavirus. Most importantly, stay informed about the latest information by visiting the CDC website at [cdc.gov/covid19](https://www.cdc.gov/covid19).

### To Help Prevent the Spread of Respiratory Illnesses, Use Healthy Practices:

- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds (the time it would take you to sing 'Happy Birthday' twice) or, if soap is not available, use hand sanitizer with at least 60 percent alcohol.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw it in the trash. If a tissue isn't available, cough or sneeze into your elbow, not your hands.
- Clean and disinfect frequently touched surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using facemasks, which is for people who show symptoms of COVID-19 to help prevent the spread of disease to others, and for health workers and caregivers in close settings.
- Practice healthy habits: get sleep, eat nutritious food, drink fluids, be physically active and manage stress.
- Influenza and pneumococcal disease are the leading causes of vaccine-preventable respiratory illness in the U.S., so protect yourself with an annual flu vaccine and if eligible, the pneumonia vaccine.

### To Prepare your Household for a Possible COVID-19 Outbreak in the U.S., Use Preparedness Practices:

- Obtain at least a 2-week supply of food staples, household and sanitary products, if asked to stay home (a best practice to increase your preparedness for any hazard).
- Keep current prescription medications in regular supply, with at least a 30-day supply of needed health items.
- Learn how your local public health authorities will provide guidance to your community and stay informed.
- Learn how your children's school or daycare, and your workplace plan to handle a possible outbreak. Create a plan to accommodate any closings, event cancellations or postponements.
- If you care for older adults or children, plan and prepare for caring for them, should they or you become sick.