

## Coronavirus Tips for Health & Wellness

### Prevention

- Avoid close contact with people who are sick.
- Avoid crowds as the virus can spread within six feet of separation.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick except to get medical care. If you think you have been infected, contact the medical facility before you go so that they can prepare. Also, wear a face mask.
- Cover your cough or sneeze with your elbow or arm. When using a tissue, throw the tissue in the trash and wash your hands immediately.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. The virus can live on hard surfaces for up to nine days, so please make sure your wipes and hand sanitizers have at least 60% alcohol content to be effective.
- 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.

### Preparedness

- Stay vigilant about self-care and keeping your immune system at optimal levels. Eat healthy fruits and fresh vegetables full of antioxidants and take vitamin C.
- Stay hydrated, drink plenty of water, and get plenty of sleep.
- Keep items for a preparedness kit (can foods, water, one month's worth of medications, blankets, pet food, etc.).

Source: Center for Disease Control (CDC)  
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# Wash Your Hands!



- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone at home who is sick with vomiting or diarrhea
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** [changing diapers or cleaning up a child who has used the toilet](#)
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

## Follow 5 Steps to Wash Your Hands the Right Way

6. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
7. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
8. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
9. **Rinse** your hands well under clean, running water.
10. **Dry** your hands using a clean towel or air dry them.

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