



Coronavirus (COVID-19)

The Spread of the COVID 19 Virus

Person-to-person spread of the virus has been seen among close contacts of returned travelers from China, but the virus is NOT currently spreading in communities within the United States.

Protection from the Virus

Nothing has changed in the recommended prevention practices from the CDC:

- Wash your hands several times daily with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are showing signs of illness (sneezing, nasal secretions, coughing, fever, chills, aches, fatigue).
- Stay home when you are sick
- Frequently clean and disinfect touched objects and surfaces (work and food tables, radios, cell phones, computer keyboards, touch screens, resuscitation devices, rescue tubes, whistles, railings, sinks).

Stay Abreast of Changes

The Centers for Disease Control (CDC) remain the best source for daily updates:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>