



NEWS ALERT-PLEASE READ

Practice everyday preventive actions now! Help us maintain a clean and healthy living and working space!

Remind everyone in your household of the importance of practicing everyday actions that can help prevent the spread of respiratory illnesses such as the Coronavirus.

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects daily. Examples: tables, countertops, light switches, doorknobs, and cabinet handles. Use a regular household detergent and water.
- If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection.
- Surfaces should be disinfected using Clorox wipes (or similar) and disinfectant spray. Always follow the manufacturer's instructions for all cleaning and disinfection products.
- 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. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.
- Choose a room in your home that can be used to separate sick household members from those who are healthy. Plan to clean these rooms often when someone is sick.

Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like cold and flu:



Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.

If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.



Cover your cough or sneeze into your elbow or a tissue.



Don't touch your eyes, nose or mouth with unwashed hands.



Stay away from people who are sick.



Stay home when you are sick.



Clean and disinfect objects and surfaces regularly.