

PREVENTION STARTS AT HOME

➔ Wear that Mask



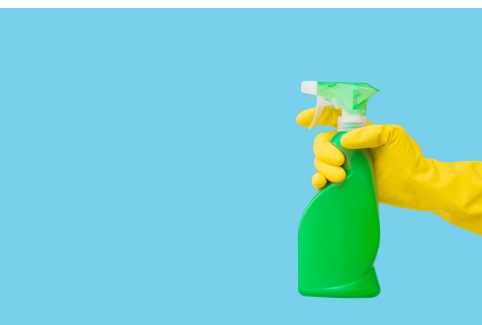
The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies). Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. Want to know more or how to make one? Click [HERE](#).

➔ Wash Your Hands



Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. Cover all surfaces of your hand and try to sing a new song every time! Need more tips look [HERE](#).

➔ Clean & Disinfect



PREVENTION IS HEALTH

Find more information about COVID & how to be preventative [HERE](#).

The Centers for Disease Control and Prevention (CDC) continues to study the spread and effects of the novel coronavirus across the United States. It is critical to emphasize that maintaining **6-foot physical distancing** remains important to slowing the spread of the virus.

Recent [reports](#) from the World Health Organization state that data is showing around 80% of individuals with coronavirus have mild or no symptoms. Asymptomatic and pre-symptomatic individuals can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity (e.g., speaking, coughing, or sneezing) even if those people are not exhibiting symptoms.

The CDC states that "the best way to prevent illness is to avoid being exposed to this virus". They urge people to continue: washing hands often, avoid close contact, cover mouth and nose with a cloth face cover when around others, cover coughs and sneezes, clean and disinfect and monitor your health. Read more [HERE](#).

You may notice you are cleaning and sanitizing more around your house. Sanitizing should be done daily on surfaces that are frequently touched. Here are some tips from the CDC:

- **Clean & Disinfect.** Light switches, tables, door knobs, phones, counter tops, sinks and faucets should be sanitized every day.
- **What type of cleaner?** Make your own disinfectant cleaner with unexpired household bleach diluted with water. Mix 4 teaspoons of bleach per quart of room temperature water. Learn more [HERE](#).
- **Laundry.** Do not shake dirty laundry. Launder items according to the manufacturer's instructions. If able, use the warmest appropriate water setting and dry items completely.