



STEPS TO HELP PREVENT CONTRACTING CORONAVIRUS

In the current environment, it's important for all of us to follow a few healthy habits and hygiene suggestions that can help limit the spread of Coronavirus and keep you and our communities healthy. You should also keep in contact with community advisors and schools regarding any new protocols. Coronavirus is a novel virus that we are still learning about daily with new recommendations subject to change at any time.

Visit the CDC website at [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html) for the most recent updates on how the virus is known to spread as well as possible symptoms of Coronavirus.

There is currently no vaccine for Coronavirus, so the CDC recommends the best way to prevent illness is to avoid exposure to the virus and follow preventive steps.

Follow these preventive steps to decrease your risk of contracting the virus:

- **Good Hygiene** - Wash your hands frequently with soap and water for at least 20 seconds, especially after using the bathroom, before eating and after blowing your nose, coughing and sneezing. If soap is not readily available, use an alcohol-based hand sanitizer containing at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Cover your cough or sneeze with a tissue, then throw it in the trash.
- Clean and disinfect areas you frequently touch using a household disinfectant spray or wipe.
- Don't go to work or have contact with others when you are sick.
- Avoid close contact with people who are sick.

Recommendations to Help Stay Healthy in the Workplace:

- Employees should stay home if they have symptoms of respiratory illness (cough, sneezing, or shortness of breath) and contact a medical professional.
- Discuss with your supervisor your company's sick leave policy if you are sick with a respiratory illness or need to stay home to care for sick loved ones.
- Practice good hygiene including cough and sneeze etiquette and proper hand washing techniques.
- Carry with you tissues, alcohol-based sanitizer with at least 60% alcohol and be mindful of the surfaces you touch.
- Avoid shaking hands.
- Perform regular cleaning of your work areas.

Follow these general wellness tips to help boost and maintain a strong immune system to stay as healthy as possible:

- The CDC recommends everyone 6 months of age and older get vaccinated every flu season to help prevent contracting and spreading the flu virus, and to keep your immune system strong.
- Focus on a nutritious diet including whole grains, lean protein and dairy and plenty of fruits and vegetables.
- Consume adequate amounts of foods containing immune boosting vitamins, such as:
 - Vitamin C: found in oranges, grapefruits, tangerines, strawberries, bell peppers, spinach, kale and broccoli.
 - Vitamin D: found in milk, orange juice, cereals and fatty fish such as salmon, mackerel, tuna and sardines.
 - Vitamin B6: found in chicken, cold water fish such as salmon and tuna, green vegetables and chickpeas.
 - Vitamin E: found in nuts, seeds and spinach.
- Get at least seven to nine hours of sleep each night.
- Get some physical activity regularly.
- Stay hydrated.
- Take steps to reduce your stress through mindfulness exercises, meditation, contemplation, prayer or taking short quiet breaks throughout your day.
 - Avoid unnecessary activities or situations that cause unneeded stress.

** If you have any known conditions or sensitivities to food, first consult with your doctor.*

If you develop symptoms, have come into close contact with individuals who have Coronavirus, or have traveled recently to an area where the virus is widespread, contact your healthcare professional. Visit the CDC website at [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html) for the most current information regarding Coronavirus.