

How to Stop or Slow a Coronavirus

At Home and Work

- **Stop touching your face**, especially your nose, eyes, and mouth, with your hands. This is one of the two main ways that the virus spreads from ill people to others.
- **Wash hands** with water and soap for 20 seconds when arriving at work, when getting home, and after roaming around office buildings or public spaces. Use alcohol-based hand sanitizer when sink is not available. Also wash hands after using the bathroom, before eating, and when soiled, **at least 8 times a day**.
- **Stop shaking hands**. Use a fist bump, wave, elbow bump, etc.
- **Clean frequently touched items** at work and home 1-2 times a day with a disposable wipe or household cleaning solution. Focus on cell phone, keyboard, doorknobs, sink handles, handrails, chair arms, and tables.

Out in the World

- **Use ONLY a knuckle** to touch things like light switches and elevator buttons.
- **Open doors with a forearm or hip**. Only grasp the handle with your hand if there is no other way to open the door. This is especially important on bathroom and commercial doors.
- **Use disinfectant wipes at the stores** when they are available, including wiping the handle and child seat in grocery carts.
- **Keep a bottle of sanitizer available** for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.

When Ill

- **Stay home** and away from others. If your symptoms are severe enough to need medical care, **call ahead before you go to a clinic or hospital**.
- **Use separate rooms and bathroom** from the rest of the household, if possible.
- **Wear a disposable surgical mask**. This is when they actually do work, by containing the germs when you cough or sneeze.
- Cough or sneeze into a **disposable tissue and discard**. Use your elbow in a pinch. Then clean your hands.
- **Stay isolated until you have no fever, runny nose or cough/sneezing for 24 hours** (without taking medicines that reduce fever).

Getting Ready in Case Widespread Infection Arrives

- Buy disposable gloves for use when going shopping, using public transit, and all other outside activity when you come in contact with contaminated areas.
- Maintain a 3-week supply of non-perishable food in the house in case you're not able to leave or want to avoid exposure.
- Keep supplied with 60-90 days of any medications that are essential

Handwashing 101 and Virus Details on Back →

Handwashing 101

- Wet hands and leave water running
- Rub soap between your palms
- Then rub the tips of your fingers and nails in the opposite palm
- Then rub the backs of hands and fingers
- Finally, interlace your fingers to wash around all sides of them on both hands
- Keep doing for 20 seconds (the time it takes to sing “Happy Birthday”)
- Rinse off with water
- Dry hands
- Use towel to turn off faucet and open door

About Novel Coronavirus 2019 (aka “SARS-CoV-2”)

- This virus is spread in large droplets by coughing and sneezing. Based on what we currently know, smaller droplets that hang in the air cannot infect you. But... all the surfaces where these droplets land are infectious. Everything that is associated with infected people will be contaminated and potentially infectious.
- Viruses in this family can live on skin and surfaces for days, maybe as long as a week, but coronavirus can only start growing when they get in our noses, mouths, and lungs. The only way for the virus to infect you is through your eyes, nose, or mouth when you touch them with virus on your hands or through an infected cough or sneeze towards your face.
- While these viruses can survive on surfaces around us, they’re actually pretty fragile compared to many other germs. They’re killed by alcohol, soap, other detergents, bleach, and many household cleaning solutions. The key thing is getting something on the surfaces that people touch regularly. You’re not trying to wipe all the virus off. You are trying to remove any grease or dirt that could provide a hiding place and then wet the surface and leave it to dry so the viruses drown in a damp, toxic layer of water and chemicals.
- The virus might be infecting people around us now. We just don’t know for sure. For that reason, these practices are worth doing now to protect as many of us as possible from this illness.