

Be Proactive to Prevent Airborne Disease

The Centers for Disease Control (CDC) recommends everyday preventive actions to help prevent the spread of respiratory diseases, such as the coronavirus, including:

- **Avoid close contact with people who are sick.**
- **Avoid touching your eyes, nose, and mouth.**
- **Stay home when you are sick.**
- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash.**
- **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.
 - How long is 20 seconds? Hum the “Happy Birthday” song twice.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- **Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.**
- **Follow CDC’s recommendations for using a facemask.**
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- **Consider alternatives to shaking hands such as bumping elbows or waving**