

FAQ

How do I prevent the spread of COVID-19?

Public health officials recommend the following steps to prevent the spread of all respiratory viruses, including influenza and COVID-19.

- Wash your hands frequently and for at least 20 seconds with soap and water or if not available with an alcohol-based (60% or more) hand sanitizer.
- Cough into your elbow or a tissue and not your hands. Dispose of the tissue.
- Clean and disinfect frequently touched surfaces at home, work and school.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick (approx. 6 feet).
- If you are sick, stay home and do not travel or report to work.
- Practice healthy habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Hand Washing Instructions

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap. (preserve water)
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them

Smiling boosts the immune system too.

What if I develop flu-like symptoms?

Flu symptoms include fever, cough and difficulty breathing. If you develop symptoms consistent with the flu or are concerned that you may have been exposed to COVID-19, please call your healthcare professional.

Should I wear a facemask?

There is no need to wear a facemask, unless you have symptoms of an airborne infectious disease or are in prolonged close contact (about 3 feet) with a contagious person. Outside of these circumstances, the U.S. Centers for Disease Control and Prevention does not recommend the use of a facemask by members of the general public. Someone who has a cough, or a fever does not necessarily have the coronavirus.