

The Center for Disease Control (CDC) recommends people taking the following steps to prevent and/or alleviate the potential spread of Coronavirus/COVID-19.

Ways to avoid getting and/or spreading COVID 19 (note: many of these measures can also help stop the spread of other diseases too).

- Wash your hands with soap and water for at least 20 seconds (if you don't want to count sing a chorus of "Happy Birthday" or the alphabet song) especially after you have been in a public place or after blowing your nose, coughing or sneezing.

People should also continue to wash their hands at the normal and common hand-hygiene times:

- after using the restroom
- before eating or preparing food
- after contact with pets or other animals
- before and after providing care for a person who needs assistance.

- If soap and water are not readily available use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

- As much as possible try avoiding touching your face, especially eyes, nose, and mouth with unwashed hands. Be forewarned, this is often easier said than done as many people tend to unconsciously touch the aforementioned body areas.

- Avoid close contact with people who are sick as much as possible and people who have been to high risk areas.

- Try to avoid social gatherings as much as possible, especially in areas where COVID-19 has been verified.

- If you are sick with COVID-19 (or anything else for that matter) stay at home as much as possible, except to get medical care.

- Cover your mouth and nose when you cough or sneeze using a tissue or the inside of your elbow. Throw away all used tissues and immediately wash your hands or use hand sanitizer as described above.

- If you are sick with anything wear a face-mask when you are around other people (the most likely times being if you are sharing a room or vehicle) and before you enter a healthcare provider's office. If people have issues that prevent them from wearing a face-mask (i.e. breathing troubles) their best option would be to cover coughs and sneezes. Caregivers to people who can't wear face-masks should wear face-masks themselves.

- Most people who are not sick do not need to wear face-masks unless they are a caregiver to someone who is sick and cannot wear a face-mask themselves. However, people may want to

save face-masks in case they get sick or have to become caregivers as they may be in short supply.

- Clean AND disinfect frequently touched surfaces daily. Some common ones are:

- tables
- doorknobs
- light switches
- countertops
- handles
- desks
- phones
- keyboards
- toilets
- faucets and sinks

- If surfaces are dirty clean them using common household cleaners, detergent or soap and water prior to disinfection.

Disinfection

When used appropriately (follow instructions on the bottle) most approved household cleaners will work.

It is inevitable that some products might try to promote themselves more by making the claim they protect against the Coronavirus, but there isn't really any hard data for this, especially with the novelty of the virus.

Some people may want to dilute their household bleach via the following CDC recommendation:

- Diluting your household bleach.

To make a bleach solution, mix:

5 tablespoons (1/3rd cup) bleach per gallon of water

OR

4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- If using an alcohol solution make sure it has 70 percent alcohol.

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult

the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed.

- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.