SMS **Service Management Systems**

Coronavirus Guide: Everyday Prevention Actions

Currently, there is not a vaccine to prevent **Coronavirus disease 2019 (COVID-19)**. The best way to prevent getting sick is to avoid being exposed to the virus. COVID-19 is a respiratory illness that can spread from **person to person**. The Centers for Disease Control and Prevention (CDC) recommends using everyday preventative actions to help prevent the spread of respiratory diseases. These preventative actions include:

1

Avoid physical contact with others and practice social distancing:

Avoid close contact with people, whether they are sick or not. **Social distancing** is the best way to prevent getting sick and to avoid being exposed to the virus. Look at it social distancing this way: if you aren't around anyone, you can't catch the virus from yourself!

How you can practice social distancing:

- **AVOID** going into areas where there are large groups of people (concerts, airports, sporting events, church, etc.)
- **AVOID** being in confined spaces with others whom you are sharing a limited air supply (cars, buses, etc.)
- **AVOID** physical contact with others (handshakes, hugs, etc.)
- **AVOID** sharing food, utensils, cups, etc.

2

Avoid touching your eyes, nose and mouth:

As you go through public facilities, touching door handles, rails and other high-touch items, your hands will get germs on them. Do **NOT** touch your eyes, nose, or mouth until you have washed or sanitized your hands. These areas will allow the virus to quickly infect your body, so work hard to avoid them.

3

Stay home when you are sick:

Do **NOT** go to work or out in public, if you think you might be sick. It is always best to call out if you are feeling ill and seek medical attention, if needed.

4

Cover your cough or sneeze with a tissue:

Cover your cough or sneeze with a tissue, then throw the tissue in the trash. It is best to carry a pack of tissues on you, even at home, and sneeze or cough into the tissue. This helps to prevent the spread of disease to others.

5

Disinfect high-touch areas:

Take the time to regularly disinfect high-touch areas in your home and workplace.

For further information on the proper disinfecting techniques, download our "Coronavirus Guide: Disinfecting High-Touch Areas."

6 Follow the CDC's recommendations for using a facemask:

For those who are well, the CDC does **NOT** currently recommend that they 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 virus to others.

7 Wash hands correctly:

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.

For further information on the proper handwashing techniques, download our "Handwashing Poster."

8 Use hand sanitizer as a backup:

If soap and water are not readily available, use an alcohol-based hand sanitizer with **at least 60% alcohol**. A sanitizer with lower alcohol content may not be effective at properly disinfecting or killing the virus. Always wash hands with soap and water if hands are visibly dirty.

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