



Public Health Brief

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Coronavirus: Everyday Preventive Actions

Here are some action items to consider in assisting you in preventing infections from the novel 2019 coronavirus (COVID-19/2019 nCoV).

How do these viruses spread?

Viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. They also may spread when people touch something with virus on it and then touch their mouth, eyes, or nose. People infected may be able to infect others beginning before symptoms develop and for days after becoming sick. That means you may be able to spread the infection to someone else before you know you are sick as well as while you are sick. At this time, we do not have enough information to state how long someone might be contagious before having symptoms, or for how long they might be contagious once they have developed symptoms.

What are everyday preventive actions?

- Try to avoid close contact with sick people
- If you or your child gets sick with flu-like illness, we recommend that you (or your child) stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



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- Wash your hands often and vigorously for 30 seconds with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.
- If an outbreak occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

What additional steps can I take at work to help stop the spread of germs that can cause respiratory illness?

- Find out about your employer's plans if an outbreak occurs.
- Routinely clean frequently touched objects and surfaces, including doorknobs, keyboards, and phones, to help remove germs.
- Make sure your workplace has an adequate supply of tissues, soap, paper towels, alcohol-based hand sanitizers, and disposable wipes.
- Train others on how to do your job so they can cover for you in case you or a family member gets sick and you have to stay home.
- If you begin to feel sick while at work, go home as soon as possible.

What additional preventive actions can I take to protect my child from germs that can cause respiratory illness?

- Find out about plans your child's school, child-care program, or college has if an outbreak occurs.
- Make sure your child's school, child-care program, or college routinely cleans frequently touched objects and surfaces, and that they have a good supply of tissues, soap, paper towels, alcohol-based hand sanitizers, and disposable wipes on-site.
- Ask how sick students and staff are separated from others and who will care for them until they can go home.



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What environmental cleaning recommendation are there for non-healthcare businesses and organizations that serve the public?

- Perform routine environmental cleaning:
 - Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label.
 - Provide disposable wipes so that commonly used surfaces (for example, doorknobs, keyboards, remote controls, desks) can be wiped down by employees before each new use.
 - No additional disinfection beyond routine cleaning is recommended at this time.
 - Neither the Centers for Disease Control and Prevention (CDC) nor the Alpine County Health Department recommends that additional or specific disinfection protocols or products be used at this time.
 - If an agency or business chooses to purchase a new or different disinfectant for the coronavirus, consideration should be given to purchasing one for which the manufacturer has stated “has demonstrated effectiveness against viruses similar to COVID-19/2019-nCoV on hard, non-porous surfaces”. If no product with that statement is available, then consider purchasing a product which has a human coronavirus claim on the label.
 - Always use disinfectants in accordance with label instructions, paying attention to the required personal protective equipment (PPE) and the contact time needed to achieve disinfection.
 - NEVER MIX DIFFERENT AGENTS TOGETHER!

For the most up-to-date information, go to:

<https://www.cdc.gov/coronavirus/>



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