CORONAVIRUS (COVID - 19)

There is currently no vaccine to prevent coronavirus 2019 (COVID-19) so the best way to prevent illness at this time is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person between people who are in close contact with one another through respiratory droplets produced when an infected person coughs or sneezes. Here are some steps to protect yourself and those around you.

CLEAN YOUR HANDS OFTEN
- Wash your hands with soap and water for at least 20 seconds
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands

CLEAN AND DISINFECT SURFACES
Clean and Disinfect frequently touched surfaces daily. Things like: Tables, door knobs, light switches, counter-tops, handles, desks, phones, keyboards, toilets, faucets, and sinks

AVOID CLOSE CONTACT
Practice social distancing
Stay home if you or someone in your household is sick
Cover coughs and sneezes

We know that this can be a difficult and lonely time so if you are feeling stressed the CDC has provided some materials on coping with this epidemic. To stay up to date on the coronavirus please check the World Health Organization website or the Center for Disease and Control website for more information. Please practice these steps for the benefit of both you and your community.

Thank you and be safe,

TEDNA