

CORONAVIRUS (COVID-19): Coronavirus Prevention

Coronavirus, also known as COVID-19, is spreading throughout our communities. The best way to prevent getting Coronavirus is to avoid being exposed. Public health experts recommend that you stay home as much as possible so that you don't risk exposure to Coronavirus or expose others without knowing it. Follow your state and local public health guidelines about staying home.

For Coronavirus, self-quarantine or isolation is suggested if you tested positive for COVID-19 or if you have symptoms. The only way we can beat the virus is together. It is up to all of us to fight COVID-19 and staying at home is the safest way to do so.

There are many things you can do to prevent the spread and protect yourself from getting sick. Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. 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. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands. Avoid contact with people who are sick. Keep at least a 6-foot distance between yourself and other people. Clean and disinfect frequently touched surfaces at least daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, and sinks. The virus can persist on common surfaces such as metal, glass or plastic for up to 3 days.

Get rest and drink water. Please continue to monitor your health.

We recommend retaking the Coronavirus E-visit if:

- You have any new potential exposure to Coronavirus.
- You have new or concerning symptoms like fever, cough, or shortness of breath.