

The Coronavirus Tips to Protect Yourself

NLN

National League
for Nursing



CORONAVIRUS

The CDC has the following tips to help prevent the spread of the coronavirus.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- The CDC does not recommend people wearing a face mask for individuals who are well. People who have symptoms of coronavirus should wear a mask to help prevent the spread. Face masks are also important for health care workers.
- Wash your hands 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.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- If you develop symptoms, stay home! Symptoms include fever, cough, and shortness of breath.

THE CORONAVIRUS IS A RESPIRATORY DISEASE FIRST DETECTED IN CHINA AND HAS NOW SPREAD ACROSS THE GLOBE, INCLUDING THE UNITED STATES. THE VIRUS IS SPREAD BY DIRECT PERSON-TO-PERSON CONTACT, BY CLOSE CONTACT WITH ANOTHER PERSON (WITHIN 6 FEET), AND BY RESPIRATORY DROPLETS WHEN AN INFECTED PERSON SNEEZES. IT IS POSSIBLE TO GET THE VIRUS BY TOUCHING A SURFACE OR OBJECT THAT HAS THE VIRUS ON IT AND THEN TOUCHING YOUR OWN MOUTH, NOSE, OR POSSIBLY YOUR EYES.



General Preparation for Disasters

**Keep a 2-week food and water supply at home*

**Maintain a supply of prescription meds, cough meds, cold meds, etc.*

**Carry hand sanitizer and disinfectant wipes with you*

**Have extra soap, detergent, and paper products at home*

Travel Suggestions

If traveling by air, wipe down your tray table and armrests with a disinfectant wipe.

Wash your hands after using public transportation.

Maintaining a Healthy Work Environment

Keep your work area clean. Wipe surfaces with a disinfectant wipe.

Wash your hands often!

Clean up after yourself in the kitchen. Don't leave water, beverage, and food spills on the counter, Keurig machine, or other areas.

Consider opening doors and pushing elevator buttons with a clean napkin or Kleenex.

Did you consider?

Phones, TV remotes, toilet flush levers, sink faucet handles, elevator buttons, and door handles are considered "contaminated surfaces." You never know what types of germs have been left behind by the last person to touch the item.

And, stay home if you are sick.