



What You Need to Know about the Coronavirus

March 4, 2020

With the novel coronavirus disease (recently named COVID-19) in the news, we are monitoring the developments and what it means for those we serve. Given that the COVID-19 situation is rapidly evolving, the [CDC website](#) remains the best resource for up-to-date information.

How to protect yourself and your family

- Check the [CDC website](#) for up-to-date information, especially if traveling.
 - The CDC is issuing new travel guidance regularly as developments occur.
 - Visit the [CDC Travel page](#) for all travel-related updates.
- Get a flu shot to prevent the flu. While the coronavirus is different from the flu virus, the flu is still a serious illness, causing on average 9 million to 45 million illnesses, 140,000 to 810,000 hospitalizations and between 12,000 to 61,000 deaths each year.
- Practice good health habits. Everyday preventive actions help to prevent the spread of respiratory viruses.
 - Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer when washing isn't an option.
 - Avoid touching your eyes, nose and mouth.
 - Avoid close contact with people who are sick.
 - Stay home when you're sick. That includes staying home from work, school, errands and travel.
 - Cover a cough or sneeze with a tissue, then throw the tissue in the trash.
 - If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
 - Clean and disinfect frequently touched objects and surfaces, such as phones, keyboards and doorknobs.
 - Get plenty of sleep, be physically active, drink a lot of fluids and eat nutritious food.
- If you have recently traveled overseas or plan to do so, follow guidance found on the CDC website regarding self-monitoring for infection and self-quarantine.