

**Health and Wellness Ministry Update**

The [Centers for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html) recommends that people take everyday precautions to prevent transmission of the new coronavirus. The best way to prevent illness is to avoid exposure. Here are 7 ways you can protect yourself:

**Wash your hands**

One of the best prevention methods is to [wash your hands with soap and water](https://www.poz.com/article/how-when-wash-hands) thoroughly and often for at least 20 seconds. Use alcohol-based hand sanitizer when soap and water are unavailable.

**Avoid close contact with people who are sick**

Try to keep a distance of about six feet from people who have a cough or other respiratory symptoms. If you are sick, you should stay home and avoid close contact with others.

**Avoid touching eyes, nose and mouth**

The virus can live on contaminated surfaces and objects, so try to avoid touching your eyes, nose and mouth.

**Use a tissue**

Cough or sneeze into a tissue or your bent elbow, and immediately dispose of tissues in the trash.

**Wear a mask when needed**

Healthy people don’t need to routinely wear face masks to prevent infection. Instead, face masks should be worn by people who show symptoms in order to stop the spread of droplets that can transmit the virus to others. Face masks should also be worn by health care professionals and anyone caring for someone sick at home.

**Clean surfaces regularly**

Clean and disinfect frequently touched objects and surfaces—such as door handles and light switches—using a regular household cleaning spray or wipe.

**Stay home if you are sick**

If possible, stay home if you are sick to prevent transmitting the virus to others. If you think you may have been exposed to the coronavirus, contact a health care provider promptly if you develop a fever, cough or difficulty breathing. Before you go to a clinic or hospital, call ahead so the staff can take appropriate precautions.