

CDC Recommendations to prevent the spread of viruses, especially the CoronaVirus:

Wash your hands often with soap and water for at least 20 seconds (sing “Happy Birthday” twice!) or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Cover your mouth and nose with a tissue when you cough or sneeze.

Throw used tissues in a lined trash can; immediately wash or disinfect your hands, see information above.

Avoid sharing personal household items: You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean all “high-touch” surfaces everyday: High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions.

Suggestions from other sources:

NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.

Use ONLY your knuckle to touch light switches, elevator buttons, etc.. Lift the gasoline dispenser with a paper towel or use a disposable glove.

Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.

Feel free to take a picture of this sign.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>