

# CORONAVIRUS (COVID-19) UPDATE & RESOURCE INFORMATION

## Safe Practices

- Wash hands with soap & water frequently
- Cough into tissue or elbow
- Avoid touching eyes, nose, or mouth
- Clean frequently touched surfaces & objects



## Risk Mitigation

- Stay home
- Avoid medical settings & utilize Teladoc (Telemedicine) options
- Avoid people who are ill
- Avoid group gatherings
- Avoid mass transit



## Be Prepared



- 30 day supply of medical prescriptions
- Food / Water for 14 days
- Pet Food & Supplies
- Toilet Paper
- Soap / Hand Sanitizer



## Resources

- CDC - Centers for Disease Control & Prevention
  - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- WHO - World Health Organization
  - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>