






LOWER YOUR RISK OF RESPIRATORY ILLNESS INCLUDING NOVEL CORONAVIRUS (2019-nCoV)



Coronaviruses are a large family of viruses known to cause illness ranging from the common cold to more severe illness. The novel coronavirus (2019-nCoV) originally linked to Wuhan, China is a new (novel) strain that experts are learning more about every day.

Take the following steps to help prevent the spread of respiratory infections, including common colds and the flu:

	Wash your hands well and often with soap and water, or with alcohol based hand sanitizer (don't forget to wash your wrists, under your fingernails, and in between your fingers).
	Cough or sneeze into your sleeve or cover your mouth and nose with a tissue and throw the tissue out immediately. Wash your hands afterwards.
	Avoid touching your eyes, nose, and mouth with unwashed hands.
	If you are sick, stay home and avoid crowds until you are well again. Avoid sharing personal items like eating utensils, water bottles, etc.
	Clean and disinfect high-touch surfaces and shared items frequently using regular household cleaners.

Information related to novel coronavirus is available on our website in multiple languages.