

# Mandatory Stand-Up Talk

**Feb. 25, 2020**

## Staying vigilant

### Flu and respiratory disease prevention tips

It's currently flu and respiratory disease season and the Centers for Disease Control and Prevention (CDC) recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

CDC recommends several steps to help prevent the spread of any respiratory viruses, including the new coronavirus, known as COVID-19 (*pronounced CO-vid 19*).

CDC states the best way to prevent infection is to avoid being exposed, and to follow these tips.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60-percent alcohol. Always wash hands with soap and water if hands are visibly dirty.

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- Follow CDC's recommendations for using face masks. CDC does not recommend that people who are well wear face masks to protect themselves from respiratory diseases, including COVID-19.
- Face masks should be used by people who show symptoms of COVID-19 to help prevent spreading the disease to others. The use of face masks is also crucial for health workers and caregivers.

In addition, CDC states there is likely very low risk that the virus can be spread from products or packaging shipped from China, because of poor survivability of coronaviruses on surfaces.

Coronaviruses are generally thought to be spread most often by respiratory droplets, according to CDC.

Also according to CDC, there currently is no evidence to support transmission of the coronavirus associated with imported goods; and there have been no reported cases of the virus in the United States associated with imported goods.

For current information and more details visit the CDC website, at [www.cdc.gov](http://www.cdc.gov).

Thank you for listening.

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