**STAYING SAFE DURING THE CORONAVIRUS THREAT**

*Valuable information from pathologists & virologists that have worked with the corona viruses*

**Please Note:**

* This virus is spread in large droplets by coughing and sneezing. **This means that the air will not infect you!**
* BUT all the surfaces where these droplets land are infectious for about a week on average – everything that is associated with infected people will be contaminated and potentially infectious.
* The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon.
* This virus only has cell receptors for lung cells (it only infects your lungs)
* **The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.**
* The current projection for the Coronavirus in the U. S. is that the virus COULD become widespread by mid to late March and April.

**PRECAUTIONS TO PUT INTO PLACE NOW:**

1. **NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.**
2. **Use ONLY your knuckle to touch light switches. elevator buttons, etc. Lift the gasoline dispenser with a paper towel or use a disposable glove.**
3. **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.**
4. **Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.**
5. **Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.**
6. **Keep a bottle of sanitizer available at each of your home’s entrances. AND in your car for use after getting gas or touching other contaminated objects when you can’t immediately wash your hands.**
7. **If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more**!

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