



Town of Redding
Health Department

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**Coronavirus: Keeping It Simple
Like we do for seasonal flu**

- 1. Wash your hands often with soap and warm water for at least 20 seconds.** Those who are diligent about handwashing many times make it through the cold & flu season without a sniffle. It's effective and a worthy habit to develop.
- 2. Avoid close contact with people who are sick.** Human influenza virus is mainly transmitted from person to person when an infected person coughs or sneezes. The symptoms are fever, cough, and shortness of breath. Keep a separation distance of six feet or more from those who are sick. If you begin to feel sick at work or in school, go home as soon as possible.
- 3. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.** If tissue isn't handy cough or sneeze into your upper arm or elbow. Wash or sanitize your hands afterwards.
- 4. Clean and disinfect frequently touched objects and surfaces.** Use soap and water, a bleach and water solution, or products with a label that says "EPA approved".
- 5. Avoid touching your eyes, nose and mouth.** Disease transmission can occur when we touch items such as doorknobs, handles, light switches, and cell phones, which might have flu viruses on them. Then when we touch our eyes, mouth or nose we've introduced those germs that can cause illness.
- 6. Stay home when you are sick, except to get medical care.** Call the doctor's office first. Do not just show up.

Additional related information

Vaccine: Currently there is no vaccine that can protect you against coronavirus—including pneumonia vaccines. “The virus is so new and different that it needs its own vaccine.” Researchers are trying to develop a vaccine for the new coronavirus ASAP—it just may not be ready in time to battle the current outbreak.

Who’s Most at Risk: The very old and the very young are most at risk, along with those who are frail or have existing lung conditions.

Masks: The US surgeon general told people in a tweet to stop buying masks and Health and Human Services Secretary Alex Azar said “Our advice remains as it has been that the average American does not need an N95 mask.” The worry-driven demand may lead to a critical shortage and have an effect on hospital personnel who need the masks more than the general public.

Mail from China: People receiving packages from China are not at risk of contracting coronavirus. According to the World Health Organization (WHO) coronaviruses do not survive long on objects, such as letters and packages.

Pets: While pets can spread certain forms of coronavirus, the WHO confirms that presently, there is no evidence that domesticated animals can be infected with or spread the new coronavirus. However, it’s always a good idea to wash your hands with soap and water after contact with pets.