

## Being Prepared for Corona Virus

While there is no reason to panic about the corona virus, officials suggest that we all take steps to prepare.

Steps to take now:

- Have a 2-week supply of food on hand, especially non-perishable items
- Make sure you have a 2-week supply of prescription drugs on hand and any non-prescription drugs you use regularly
- Buy personal care items, laundry and dish detergent
- Keep your cell phone charged and clean it regularly
- Do not share utensils, phones etc. with anyone who is ill

How to keep yourself and your family healthy:

- Wash your hands frequently with soap and water, especially after coughing and/or sneezing. Scrub for at least 20 seconds. This is a good opportunity to teach your children how to properly wash their hands.
- Avoid touching your nose, mouth, eyes and face where germs can spread.
- Avoid close contact with people who are sick and, when possible, stay away from crowded rooms.
- If you are sick, keep your distance from others: if possible, stay home when you are not feeling well.
- Cover your nose and mouth when coughing or sneezing to avoid spreading illnesses.
- Practice good health habits: get plenty of rest, exercise, keep hydrated by drinking water, milk and juice and eat nutritious food.
- If you had contact with a possibly infected person and begin to experience unusual coughing, trouble breathing or fever, contact your primary care physician by telephone for further instructions. **Do not go to the doctor's office or hospital without calling first. They need to prepare for a possibly infected person.**

A few words about masks:

If you are coughing, have been diagnosed with the flu or corona virus, using a mask will help minimize the spread of disease. However, most masks available in local stores will not protect a wearer who is not infected.