

# TIPS TO HELP PREVENT THE SPREAD OF RESPIRATORY VIRUSES

There are simple, everyday preventive actions to help prevent the spread of respiratory viruses. These include:

## CLEAN YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## MAINTAIN SOCIAL DISTANCING

Maintain at least 3-feet of distance between yourself and others, especially those who are coughing or sneezing. When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

## CONSIDER AN ALTERNATE GREETING TO SHAKING HANDS

How do you politely not shake hands? If you don't feel comfortable shaking hands at all, you can simply inform the other party that. As soon as you're being introduced to someone, use whatever greeting version you plan to use and say, "Nice to meet you. I'm forgoing a handshake to keep from spreading germs." This may cause an awkward interaction at most times, but during a time of heightened awareness, this may well be expected.

Other considerations include:

- Keeping your hands folded, a head nod, and a big beaming smile work very well together as another option.
- Placing your right hand over your heart and nod once while smiling. This gesture is simple and friendly, and it allows an alternate way of conducting an introduction by showing the other person a comfortable method of interaction. In most cases, people who have extended a hand to shake are quick to "switch gears" (in the friendly sense!) when this example is displayed.
- You can discreetly use a hand sanitizer right before shaking others' hands.

## COVER YOUR COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## CLEAN ALL "HIGH TOUCH" SURFACES EVERY DAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe in accordance with the label instructions. Labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.