

# HELP PREVENT THE SPREAD OF GERMS

There are several steps you should take to prevent the spread of germs. The Centers for Disease Control (CDC) provides the following guidance on best practices that you can take to minimize the spread of respiratory illnesses, such as the flu and COVID-19 virus:

- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Vaccinations - Stay up to date on vaccinations, including the influenza vaccine.
- Avoid close contact with people who are sick. Maintain at least six feet of distance from anyone exhibiting obvious symptoms.
- Stay home when you are sick.

Additionally, while many believe face masks may help prevent infection, CDC does not recommend that people who are healthy should wear a facemask to protect themselves from respiratory diseases, including COVID-19.

Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. As a practical matter, if you are showing symptoms of COVID-19, you should not be reporting to work and should seek appropriate medical attention.

If you believe you have contracted COVID-19, CDC recommends you stay home except to receive medical care, separate yourself from other people and animals in your home, and call ahead before visiting any medical facility.

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## From Lauderdale West

After using the clubhouse gym, sanitize everything you touched. Sanitizing wipes are provided, please use them.

Scientists at the University of Arizona have found that cell phones carry 10 times more bacteria than most toilet seats. Sanitize your cell phone (and home phones) regularly to kill germs.

Clean door handles, TV remotes, pens, phones, desk space, use your arm to open the door when leaving rest rooms, not your hand.

Use a fist or elbow bump as a greeting rather than a handshake.