

10 STEPS TO PREVENTING CORONAVIRUS (COFID-19)

Attention Security Officers:

As front-line responders, we know security officers keep office buildings, hospitals, schools, libraries, businesses, parks & more safe each & every day.

As you may have heard, a new coronavirus, COVID-19, has been as the cause of a cluster of severe pneumonia cases that emerged in Wuhan, Hubei Province, China in December 2019. Since then, the virus has spread to several other countries, including the U.S.

Lets make sure we STAND WITH OUR CO-WORKERS & COMMUNITIES & stop any forms of targeting people of Asian descent. The Coronavirus has the potential to affect all communities, regardless of race or ethnic background. Let's make sure we are supporting one another.

Stay Calm

Think carefully about how you can help your fellow security officers, your community & loved ones.

Disinfect Objects & Surfaces in Home & Work

Use an alcohol-baed sanitizer that contains at least 60% alcohol.

Stay at Home if You are Sick

Unions are fighting so ALL folks have paid sick days. If you can stay at home when you are sick, do so.

Sleep Well

Your immune system is working best if you are well-rested.

If you believe you were exposed to the Coronavirus

or have a fever, cough, or shortness of breath, call your healthcare provider immediately.

Wash Your Hands. A Lot.

Use soap & water for at least 20-SECONDS & wash often.

Cover Nose & Mouth When Sneezing

Make sure you use tissues & throw them away in a LINED trash bin.

Avoid Touching Your Eyes, Nose & Mouth

This helps reduce the chances of you getting sick.

Avoid Sharing Household Items

This applies to cups, eating utensils, bedding & towels.

Get a Flu Shot

It's still flu season so it's best to stay at full health!



For more information, follow the CDC on Facebook & Twitter @CDC or at [CDC.gov](https://www.cdc.gov).

Source: [cdc.gov/coronavirus/2019-ncov/downloads/what-you-should-do.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/what-you-should-do.pdf)