Coronavirus Helpful Resources and Information

Real-time COVID-19 Updates
• Visit the CDC Website: cdc.gov/coronavirus

Prevention Best Practices
• Wash hands often, 20 seconds each time
• Don’t touch your face (especially eyes, nose, mouth)
• Cover your cough and sneezes with a tissue or the crook of your arm if need be
• Avoid handshaking
• Clean surfaces (computers, desks, doorknobs, tables, handrails) several times a day
• Wear a face mask ONLY if you have symptoms; masks do not keep you from getting the disease

Social Distancing
• Stay at least 6 feet away from others
• Stay at home whenever possible
• Avoid large groups of 10 or more people
• Open windows when possible

Nutrition Information
• Drink plenty of water
• Eat a variety of healthy food
• Food safety information: eatright.org/coronavirus
• Eating Right in Difficult Times: thedoctorwillseeyounow.com/content/nutrition/art6095.html
• Stockpiling and batch cooking: businessinsider.com/nutritionists-how-to-prepare-healthy-food-for-quarantine-2020-3