

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