JEFFERSON COUNTY
DEPARTMENT OF HEALTH
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Corona Virus: What You Should Know

1. **What can I do to protect myself and my family?**
   - Make sure that everyone in your family age 6 months and older who can take a flu shot does so soon. While this does not protect directly against COVID-19, it does protect against the flu and help to protect from catching two viruses at the same time
   - Wash your hands with soap and water or alcohol based gel multiple times throughout the day
   - Cover your coughs and sneezes
   - Stay at home if you have a fever
   - Stockpile supplies
   - Clean and disinfect
   - Know your office emergency plan
   - Learn home care
   - Call your doctor if symptoms get worse

   - Stay informed
   - For more information, click here

2. **Business and Employer Guidance for Corona Virus (COVID-19)**
   - Actively encourage sick employees to stay home
   - Seek immediate medical care if symptoms become severe, such as high fever or difficulty breathing
   - Encourage employees to use "respiratory etiquette" and hand hygiene through education and provision of supplies
   - Perform routine cleaning of all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs
   - Begin to develop strategies for work from home, tele-commuting, and other means of work that allow for social distancing
   - All employers need to consider how best to decrease the spread of acute respiratory illness and lower the impact of COVID-19 in their workplace in the event of an outbreak
   - For more information, click here
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3. Post-Secondary Schools and State Department of Education

- Stay at home when sick
- Seek immediate medical care if symptoms become severe, such as high fever or difficulty breathing
- Encourage students to use "respiratory etiquette" through education and provision of supplies
- Establish plans for continuation of learning in the event that schools have to close

- For more information, click here