

Understanding Viruses



Stop the spread:



Disinfect objects frequently touched items, furniture and equipment; such as door handles, light switches, computer keyboards, computer mice, desk surfaces, workspaces, and counters.



Avoid contact like handshakes and other close personal contact.



Wash your hands with soap and water for at least 20 seconds. If soap and water is not readily available, use hand sanitizer (60% alcohol content).

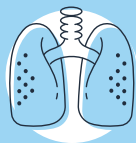


For coughing and sneezing cover your mouth with a tissue, cough into your elbow.

Know the symptoms:



Fever



Shortness of breath



Coughing & sneezing



If you are sick stay at home and get medical help.

Need help?

If you are experiencing one or more symptoms:

• **Contact your Site or Department Administrator.**

• **Seek immediate medical attention** from your healthcare provider.