

Retail Stand-Up Talk — Mandatory

March 6, 2020

Flu and respiratory disease prevention tips

It's currently flu and respiratory illness season which means proactive messaging continues on ways to stay healthy. Just as with influenza, the new coronavirus, known as COVID-19 (*pronounced CO-vid 19*), follows the same tips on ways to stay healthy. The Centers for Disease Control and Prevention (CDC) recommends these steps to help prevent the spread of any respiratory viruses, including the COVID-19:

- The most important step is to wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. And always wash your hands with soap and water if your hands are visibly dirty.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60-percent alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid being exposed through close contact with people who are sick.
- Stay home when you are sick, and get well.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces. Regarding COVID-19, coronaviruses are generally thought to be spread most often by respiratory droplets. CDC states that because of poor survivability of coronaviruses on surfaces, there is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures.

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CDC has further stated that, currently there is no evidence to support transmission of COVID-19 associated with imported goods and there have not been any reported cases of COVID-19 in the United States, associated with imported goods." CDC 3/4/2020

Use of Face masks

- CDC does not recommend that people who are well wear face masks to protect themselves from respiratory diseases, including COVID-19.
- CDC states face masks should only be used by people who show symptoms of COVID-19 to help prevent spreading the disease to others.

During any flu season, CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals, if prescribed.

For current information and more details, visit the CDC website, at www.cdc.gov.

Thank you for listening.

Source: CDC FAQs <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#basics> dated 3/4/2020

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