



Office of Human Resources & Administrative Services

Lee Cousins Administration Building | 1658 Kings Road, Jacksonville, Florida, 32209

Tuesday, March 3, 2020 at 12:54 PM
ATTN: All Faculty & Staff

Good morning EWC Faculty and Staff:

The Coronavirus is a topic that is affecting people worldwide. Public health experts are actively monitoring the outbreak of a new virus strain called the "2019 Novel Coronavirus" that originated in Wuhan, China.

Common signs of infection include respiratory symptoms, fever, cough, and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure, and even death. We ask that if you experience any of the aforementioned symptoms, please consult a physician immediately. Also, don't forget to skip the trip to urgent care with Teladoc! (see insert below)

Human coronaviruses are usually spread from an infected person to others through the air by coughing and sneezing, close personal contact (such as shaking hands), touching an object or surface with the virus on it, then touching your mouth nose or eyes before washing your hands, or (rarely) fecal contamination.

Although there are currently no vaccines available to protect against human coronavirus infection, you may be able to reduce your risk of infection by washing your hands often with soap and water for at least 20 seconds, avoiding touching your eyes, nose or mouth with unwashed hands, and avoiding close contact with people who are sick.

For more information visit [https:// www.cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

5 STEPS TO PROPER HAND WASHING

- Wet your hands with clean, running water (warm or cold), turn off the tap, and then apply soap. Why? Using soap to wash your hands is more effective than just water because the soap removes the microbes from skin, and people tend to scrub their hands more thoroughly when using soap.
- Lather your hands with soap. Be sure to cover the backs of your hands, between your fingers, and under your nails. Why? Lathering and scrubbing hands creates friction, which helps lift dirt, grease, and microbes from skin. Microbes are present on all surfaces of the hand.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. Why? Evidence suggests that washing hands for about 15-30 seconds removes more germs from hands than washing for shorter periods.
- Rinse your hands well under clean, running water. Why? Because your hands could become recontaminated if put them back in the sink of standing water. Rinsing the soap away also minimizes skin irritation.
- Dry your hands using a clean towel or air dry them. Why? Germs can be transferred more easily to and from wet hands; therefore, hands should be dried after washing. Brought to you by Advent Health Centra Care
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