Precautionary Measures to Prevent the Spread of Viruses

Wash your hands frequently and thoroughly (warm water, soap, 20 seconds).

If you do not have access to soap and tap water, use a 60% alcohol-based sanitizer.

Keep your hands away from your face.

Keep areas people touch clean – door knobs and push bars, counters, sink faucets, railings, phones, access keypads, keyboards, light fixtures, table tops, keys, writing instruments, coffee bar equipment, microwaves, refrigerators, smooth surface chair arms, etc.

Use tissues for coughs and sneezes, dispose of in trash after use. If you don’t have a tissue handy, sneeze or cough into the crook of your elbow.

Follow your employer’s guidance on work options. If you have a pre-existing health condition that impacts your immunity, talk with your treating physician and your human resources representative about options for a flexible work schedule or telework.

If there are cases of viral illnesses in your area, use discretion and common sense about being around large groups of people.

If you have a chronic respiratory or autoimmune disorder, social distancing is recommended during peak virus spread periods.

If you are sick with cold or flu-like symptoms, DO NOT go to the JSC or WSTF Occupational Health Clinic. Go home and call your Primary Care Physician for further instruction. If your symptoms are acute, *call* your local emergency room or urgent care facility to see if they have the ability to test and treat you.

Stay away from sick people.

Flu shots will NOT protect you from Corona virus, however if you have not gotten one this year yet, it is not too late.

Stay as healthy as possible through adequate sleep, good nutrition, exercise, breathing/meditation exercises, and social support/recreation.

Seek reliable and factual sources of information including: your local health department, the CDC, the World Health Organization, The Department of Homeland Security.

Masks are **not** recommended for healthy people to protect themselves from respiratory illnesses.

Masks **are** recommended for people who **have** respiratory illnesses to prevent them from spreading the illness to others.

Masks **are** recommended for healthcare staff who provide direct care for people with respiratory illnesses.

For more NASA –specific guidance please visit: <https://nasapeople.nasa.gov/coronavirus/>.

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