

**FHCACA is doing their part in getting the word out to its members to use all preventative measures to help combat this outbreak that is happening worldwide. We care about our members and their families. Many of us work in the healthcare setting and must use good hygiene to protect ourselves and the population we serve.**

**“CDC is advising centers to ensure their infection prevention and control policies and procedures are in place and using everyday preventive actions to prevent the spread of coronavirus since it spreads very like the influenza virus.”**

**“This includes washing your hands, using alcohol-based hand sanitizers, avoiding touching the face, covering your mouth and nose when you cough or sneeze, and cleaning and disinfecting frequently touched objects and surfaces,” he says.**

**Coronavirus is a family of viruses that commonly infect other animals but occasionally modify in such a manner that they can infect humans and spread human to human. COVID-19 started in China and is spreading worldwide. The virus spreads like influenza and many other common winter colds, through droplets in the air (usually six feet or less away from an infected person) or by person-to-person contact, like shaking hands, or on surfaces contaminated from an infected person, usually contaminated by droplets.**

**The virus can live for a few hours, but in some circumstances, it can live longer. That’s why washing your hands, covering your mouth when coughing or sneezing, and avoiding shaking hands during viral outbreaks can help prevent illness associated with many respiratory viruses.**