Protect yourself and others:

There is a correct way to wash your hands. It's something of an art form that can involve singing one of your favorite songs.

According to the @CDC, the best way to prevent transmission of any respiratory illness is washing your hands thoroughly with soap and warm water.

View the informative video by following this link - https://www.cnn.com/…/how-to-wash-hands-coronavi…/index.html

Learn even more tips about controlling the risks of spreading germs by viewing MyNETHealth.org.

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https://www.cnn.com/2020/02/28/health/how-to-wash-hands-coronavirus-trnd/index.html

The best prevention against the coronavirus is still washing your hands. Here's the proper way to do it

By Scottie Andrew and Yiwen Niu, CNN

(CNN) When it comes to novel coronavirus protection, face masks are futile. There isn't a vaccine yet. So the best way to prevent transmission of the novel coronavirus is washing your hands -- thoroughly -- with soap and water, according to the Centers for Disease Control and Prevention.

And yes, there's a right way to wash your hands. It's something of an art form -- a timed, multistep process that can involve some light singing.
Here's the CDC's official hand-washing how-to. All you need to follow along is a sink and soap.

Step 1

Wet your hands with clean, running water. Then, turn off the tap and soap up your hands.
Soap is more effective at removing germs than water alone.

Step 2

Work the soap into a lather by rubbing your hands together. Lather soap onto the backs of your hands, in between your fingers and under your nails.
Lathering causes friction, which strips pesky germs and dirt from the skin. Be sure to get into the nooks and crannies, too -- germs lurk there.

Step 3

Scrub your hands for at least 20 seconds. Sing or hum "Happy Birthday" twice through to keep time.
There's no magic number, but washing your hands for at least 20 seconds has been shown to remove more microbes than washing for shorter periods does. Singing "Happy Birthday" is just a fun way to make sure you're scrubbing long enough.

Step 4

Rinse your hands well under clean, running water.
You've lifted the germs from your hands. Clean water flushes them off.

Step 5

Dry your hands using a clean towel or air-dry them (or a bit of both).
Wet hands easily transfer viruses. Drying them off lessens that risk.
Soap and water are your best defenses against viruses, but hand sanitizer is an OK substitute if you don't have access to either of those. Just pump a small glob of sanitizer on one hand and rub your hands together for about 20 seconds. Hand sanitizers won't get rid of dirt, chemicals or a few types of germs, but they're better than nothing.

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https://www.msn.com/en-us/health/medical/the-exact-steps-you-should-take-to-prepare-for-coronavirus-in-the-us/ar-BB10DzWh?ocid=iehp

The Exact Steps You Should Take to Prepare for Coronavirus in the U.S.

Korin Miller

© Mike Kemp - Getty Images Health officials say people should expect coronavirus in the U.S.

Doctors explain how a potential outbreak could disrupt everyday life, and how to prepare.

- *Health officials announced that the American public should "prepare" for an outbreak of coronavirus, a.k.a. COVID-19, in the U.S.*
- *"Disruptions to everyday life may be severe, but people might want to start thinking about that now," the director of the Centers for Disease Control and Prevention said.*
- *Doctors explain the practical steps you can take to prepare for a potential coronavirus outbreak in your local community.*

Health officials announced Tuesday that the American public should "prepare" for an outbreak of coronavirus in the U.S.—a big change on how they've spoken about the virus, known as COVID-19, in the past.

"It's not so much of a question of if this will happen in this country anymore, but a question of when this will happen," Nancy Messonnier, M.D., director of the Center for Disease Control and Prevention's National Center for Immunization and Respiratory Diseases, said, per the *New York Times*.

Dr. Messonnier stressed that officials aren't sure if the spread of novel coronavirus, which originated in Wuhna, China late last year, will be mild or severe, but she recommended that people prepare, just in case. "Disruptions to everyday life may be severe, but people might want to start thinking about that now," she said.

According to the latest situation report from the World Health Organization (WHO), there are 53 confirmed cases of coronavirus in the U.S. (This includes 39 passengers who tested positive for COVID-19 aboard the *Diamond Princess* cruise ship in Japan. They returned to the U.S. under the watch of federal health officials.) There are more than 80,000 confirmed cases of coronavirus worldwide, with more than 77,000 of them in China. Per the latest data, 2,700 people have died after contracting the virus.

Still, experts emphasize that you *shouldn't panic,* especially because the risk of contracting the virus remains low for the average American who has not had close contact with travelers from Wuhan. But, if you rather feel prepared, doctors say there area few practical steps you can take in case a coronavirus outbreak hits your local community.

How could coronavirus potentially "disrupt" your life?

Dr. Messonnier said during her call with reporters that schools should consider dividing students into smaller groups or use internet-based teleschooling if there is a coronavirus outbreak in their area. "For adults, businesses can replace in-person meetings with video or telephone conferences and increase teleworking options," she said, per CNBC.

Local communities and cities may also need to "modify, postpone, or cancel mass gatherings," and hospitals may need to add more telehealth services and delay elective surgery. "Now is the time for businesses, hospitals, communities, schools, and everyday people to begin preparing," she said.

"We know that any infectious disease outbreak has these cascading impacts," says Amesh A. Adalja M.D., infectious disease specialist at Johns Hopkins Center for Health Security. "There may be disruptions in your local community in terms of how local government responds to it, canceling events, and individual employer policies."

How to prepare for a coronavirus outbreak

Of course, this all depends on if coronavirus makes its way to your community, says William Schaffner, M.D., an infectious disease specialist and professor at the Vanderbilt University School of Medicine. "We can hope for the best but we should prepare for something more serious," he says. Here are a few simple ways to stay on top of things:

Know coronavirus symptoms.

The WHO says people "are presenting with a wide range of symptoms," but signs of coronavirus are similar to symptoms of the flu. People infected with coronavirus may have a runny nose, headache, cough, sore throat, fever, and generally feel sick. It can also cause lower-respiratory tract infections like pneumonia or bronchitis.

If you notice any of these signs, talk to your doctor immediately to rule out a potential COVID-19 diagnosis. People who are immunocompromised, the very young, and the elderly are the most at risk of serious complications of coronavirus, the CDC says.

While a flu shot cannot prevent coronavirus, "you still should get the flu vaccine," Dr. Adalja says. "The less flu we have to deal with, the more resources we can put toward coronavirus."

Keep things clean.

In general, coronavirus spreads from person-to-person via respiratory droplets (say, from coughing or sneezing). Dr. Adalja recommends practicing good hand hygiene, which means washing with soap and water after you've come into contact with common objects, like door handles. If you take public transportation, be sure to wash your hands afterward, and keep unwashed hands away from your eyes, nose, and mouth. (Unless you're already sick, a face mask won't do much in preventing infection.)

If you want to be especially stringent, you can disinfect commonly used areas in your house, like door knobs, kitchen countertops, cell phones, and toys, but Dr. Adalja says it's not completely necessary.

Discuss possible schedule changes.

It's a good to have a conversation with your family, close friends, managers, and anyone else you interact with in daily life about what you'd do if a coronavirus outbreak occurred near you, Dr. Schaffner says. "If the schools closed, who would watch the kids? Can you telework? These are important questions to ask," he says.

Stock up on necessities—but no need to go overboard.

If you or another member of your family is on prescription medication, it's not a bad idea to stock up with a two-week supply, Dr. Schaffner says. Ditto for keeping basic medications like acetaminophen handy, Dr. Adalja adds. Make sure you also have necessary household and hygiene supplies on hand, like laundry detergent, toilet paper, and diapers if you have young children.

And, next time you're making a grocery store run, maybe pick up some canned goods and frozen vegetables. "It's not necessarily about the virus, but local government reactions. You may want to have nonperishable food in your house in case it's hard to get to a grocery store or you don't want to risk getting exposed," Dr. Adala says. However, he stresses, "people shouldn't hoard food."

Stay in the know.

Overall, Dr. Schaffner recommends just keeping tabs on how coronavirus may be impacting your local area. "Up until now, there's been a lot of, 'Wow, but it's way over there in China,'" he says. "Just think about what you'd do if coronavirus came to your community."

Visit the website for your local health department to make sure you are getting accurate updates.