

**From:** [Poole, Susan](#)  
**To:** [USNH](#)  
**Subject:** Wellness Update - Coronavirus Info & Resources  
**Date:** Thursday, March 5, 2020 11:38:22 AM

---



## SYSTEM OFFICE WELLNESS UPDATE

Dear Colleagues,

COVID-19 is a viral respiratory disease first identified in central China in December 2019 and now present in 73 countries worldwide including the United States. COVID-19 is spread through contact with an infected person either through coughs or sneezes or by touching surfaces contaminated with the virus.

According to the US Center for Disease Control (CDC) the most effective ways to limit the spread of this disease are 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.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Limit social contact like handshakes, hugs, etc.
- Avoid close contact with people who are sick.
- Stay home and avoid public places when sick.

The CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.

**Symptoms of COVID-19:** Symptoms of COVID-19 are typically the same as a common cold: coughing, sneezing, sometimes a mild fever.

**What to do if you have symptoms:** If you have these symptoms and specific concerns about possible exposure to COVID-19 (recent travel to an area of disease outbreak, recent contact with a confirmed case of COVID-19) the NH Department of Health and Human Services is recommending that you contact your healthcare provider to arrange testing for COVID-19 infection.

---

## Resources

---

### Hand Washing is a Must!

Hand washing is our best tool to limit the spread of COVID-19!  
Here's a helpful video on hand hygiene techniques from the CDC.



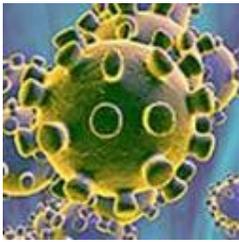


Watch Video

---

## Coronavirus Fact Sheet

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>



### Information from the CDC

For more information on COVID-19 please visit the CDC.

READ MORE

---