

CORONAVIRUS

Public health agencies, hospitals, school systems and higher education institutions are joining forces to slow the spread of COVID-19.

According to the CDC, 50% of all COVID-19 infections are transmitted during the days just before symptoms develop. Even those who are infected but never develop symptoms can still spread the virus. It is

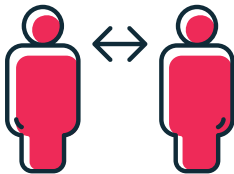
clear that a significant percent of cases are transmitted before infected individuals know they are sick.

As educational, healthcare, and public health leaders in our community, we advise universal adoption of the 3 Ws – WEAR, WAIT, and WASH – until we have sufficient control of the infection. This in turn will allow us to rebound and become a safer and more productive community.

THE THREE Ws



WEAR a face covering in public. It is a simple but powerful action to slow the spread of the virus. This can not only help prevent you from getting sick, it can help prevent others from getting sick whether you have symptoms or not. This measure is especially important in indoor settings when close contact is more likely to occur.



WAIT 6 feet apart and avoid close contact. It is understood that this is not always possible. This distancing should certainly be done if you are sick or are around someone who is ill.



WASH your hands often or use hand sanitizer. The spread of droplets by direct human to human contact is a common way for most respiratory infections to spread. Therefore, it is very important to wash your hands after blowing your nose, coughing or sneezing. You should also wash your hands after being around people, before touching your face, and before eating.

