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Staying vigilant

CDC's coronavirus guidance still being shared

Today February 24, 2020 at 11:24 a.m.



To avoid the COVID-19 virus and other respiratory illnesses, the Centers for Disease Control and Prevention recommends washing your hands regularly with soap and water for at least 20 seconds, among other measures.

The Postal Service is continuing to share the Centers for Disease Control and Prevention's guidance regarding the novel coronavirus outbreak.

The virus, officially known as COVID-19, began late last year in Wuhan, China.

According to CDC, the best way to prevent infection is to avoid being exposed to the virus and to follow these recommendations to help prevent the spread of any respiratory viruses, including the coronavirus:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you're sick.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- 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 aren't available, use an alcohol-based hand sanitizer that's at least 60 percent alcohol.

Always wash your hands with soap and water if the hands are visibly dirty.

- Follow CDC's [*recommendations for using face masks*](#). CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19. Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of face masks is also crucial for health workers and caregivers.

Additionally, CDC has reported there is very low risk that the coronavirus can be spread from products or packaging shipped from China, due to poor survivability of this type of virus on surfaces.

Coronaviruses are generally thought to be spread most often by respiratory droplets, CDC [*reports*](#).

Also, [*according to CDC*](#), there is no evidence to support transmission of the novel coronavirus associated with imported goods, and there have been no reported cases of the virus in the United States associated with imported goods.

The Postal Service is continuing to provide this information to employees through stand-up talks, [*employee news articles*](#), messages on bulletin boards, and updates on Informed Facility and Postal Vision monitors inside USPS workplaces.

CDC's website has [*additional information*](#).

It's currently flu and respiratory disease season and the **Centers for Disease Control and Prevention** (CDC) recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed. The CDC states the best way to prevent infection is to avoid being exposed, and to follow recommendations to help prevent the spread of any respiratory viruses, including the following:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.



The **Centers for Disease Control and Prevention** recommends these everyday habits that can help prevent the spread of several viruses:

- 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 available, use an alcohol-based hand sanitizer with at least 60-percent alcohol. Always wash your hands with soap and water if they're visibly dirty.
- If you're well, follow the CDC's recommendations and don't wear face masks to protect yourself from respiratory viruses, including the novel coronavirus.



According to the CDC, coronaviruses are generally thought to be spread most often by respiratory droplets.

Also according to the CDC, there is no evidence to support transmission of the new coronavirus associated with imported goods; and there have not been any reported cases of the virus in the United States associated with imported goods.