

Although the CDC has communicated that currently there is no vaccine to prevent coronavirus disease (COVID-19), the CDC does recommend the following preventive actions:

- The best way to prevent seasonal flu is to get vaccinated every year.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing nose, coughing, or sneezing.
- Avoid touching eyes, nose, and mouth.
- Cover cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Refrain from using coworkers' desks, phones, tools, equipment, or workstations.
 - Lead a healthy lifestyle, including good nutrition, exercise, and not smoking, to maintain a better immune system.
- Follow CDC's recommendations for using a facemask:
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

Other things employers should consider:

- Make alcohol-based hand sanitizers, disinfectant wipes and tissues available for employee use.
- Keep unnecessary visitors, family members, and other members of the general public from visiting the workplace.
- Managers need to set a good example by staying home when they are sick.
- Encourage employees to stay home when they are sick.
- Treat absences related to these illnesses in accordance with the Diocese of Phoenix time off and benefits policies and procedures. Please refer to the appropriate policies for more information.

For more information specific to CDC's Coronavirus prevention and awareness, visit the following link: <https://search.cdc.gov/search/?query=coronaviruses>

For any questions about this communication contact the Diocese of Phoenix Office of Human Resources listed below.

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