

# NBSIA Member Services Safety Bulletin

March 2020

## CORONAVIRUS

### How it Spreads

**The Coronavirus is thought to spread mainly from person-to-person primarily between people who are in close contact with one another (within about 6 feet) via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.**

It may be possible for a person to get Coronavirus by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

### When does Spread Happen?

People are thought to be most contagious when they are most symptomatic (the sickest).

Some spread may be possible before people show symptoms; there have been reports of this with the new coronavirus.

### How Efficiently does the Virus Spread?

How easily a virus spreads from person-to-person can vary. The Coronavirus seems to be spreading easily and sustainably in Hubei province and other parts of China. In the United States, spread from person-to-person has occurred only among a few close contacts and has not spread any further to date. (As of February 17, 2020 per National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases)

While the immediate risk of this new virus to the American public is believed to be low at this time, everyone can do their part to help us respond to this emerging public health threat.

It's currently flu and respiratory disease season and CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

### Follow These Five Steps Every Time

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Soap and water are more effective than hand sanitizers at removing certain kinds of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

When using hand sanitizer, apply the product to the palm of one hand (read the label to learn the correct amount) and rub the product all over the surfaces of your hands until your hands are dry.

### Sources

<https://www.cdc.gov/handwashing/index.html>

<https://www.cdc.gov/handwashing/show-me-the-science.html>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



### Contact Us

(707) 428-1830

[www.nbsia.org](http://www.nbsia.org)

[MemberServices@nbsia.org](mailto:MemberServices@nbsia.org)