Practice good hygiene and health habits to prevent the spread of the Coronavirus

The CDC has said we need to prepare for a widespread COVID-19 outbreak. How?

- Wash your hands often and thoroughly with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (with at least 60% to 95% alcohol).

- If you are sick, stay home.

- Cover your coughs and sneezes with an elbow sleeve or tissue.

- Avoid touching your eyes, nose or mouth, as you can pick up the virus that way.

- Clean frequently touched surfaces and objects like doorknobs and countertops. Evidence suggests that disinfectants with 62% to 71% ethanol, 0.5% hydrogen peroxide or 0.1% sodium hypochlorite (bleach) can "efficiently" inactivate coronaviruses within a minute, though it's not yet known how the new coronavirus reacts to these products, Live Science previously reported.

- Get the flu shot if you haven't already! Although the seasonal flu vaccine cannot protect you from COVID-19 directly, you may be more likely to develop severe pneumonia if you contract both diseases simultaneously, The New York Times reported. By avoiding the flu, you may also avoid making a trip to the doctor in the middle of a COVID-19 epidemic, when health care workers may be overwhelmed with other patients.

- Use the dishwasher to sanitize dishes. If you don’t have a dishwasher use lots of hot water!