



Coronavirus Disease (COVID-19)

The NSAA is actively monitoring the Coronavirus Disease (COVID-19) situation in the United States. The situation is rapidly evolving, and we continue to monitor the information from the Center for Disease Control (CDC) and the Nebraska Department of Health and Human Services (DHHS). The DHHS is encouraging Nebraskans to exercise caution and to take steps to enhance their own preparedness.

Nebraskans can also help protect themselves from COVID-19 and other respiratory infections by:

- **Washing hands often with soap and water** for at least 20 seconds. If soap and water aren't available, use an alcohol-based sanitizer.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact with sick people and stay home if you are sick.**
- **Cover your nose and mouth with a tissue when you cough, or** sneeze then throw the tissue in the trash.
- **Clean and disinfect frequently** touched objects and surfaces.
- **Follow the same family plans and kits** that people may use for flu season or severe weather season – <https://www.ready.gov>.
- 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. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- 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 readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Additional information will be continually updated at <http://www.dhhs.ne.gov/coronavirus>

The CDC's website is also a good resource for COVID-19 information - <https://www.cdc.gov/covid19>.