The coronavirus, or COVID-19, is a respiratory illness that can spread from person to person. Due to the nature of this emerging, rapidly evolving situation, it’s important to focus on prevention.

**Employers should take this opportunity to discuss some of the actions their organization is taking to ensure a safe working environment.**

**WHAT EMPLOYEES CAN DO**

To prevent the spread of illness, NSC echoes CDC, NIOSH and U.S. Department of State recommendations regarding personal hygiene, understanding that these measures can help protect everyone at work and beyond:

- Practice proper infection control and sterilization measures
- Frequently wash hands with soap and water; if soap and water are not available, use alcohol-based hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home when you are sick and report flu-like symptoms to your supervisor immediately
- Talk to your supervisor if you have upcoming business to non-Level 3 areas and have concerns about traveling. Discuss ways to ensure business objectives are met if you do not travel.
- Self-quarantine for at least 14 days if you are returning from an area with heightened levels of coronavirus activity or have been directly exposed to a person who has tested positive for coronavirus
- Talk to your supervisor about remote work options

An employer’s most vital task is the safety of their workers. For more information on preventing COVID-19, go to [cdc.gov](http://cdc.gov), [OSHA.gov](http://OSHA.gov) and [who.int](http://who.int).