

NOTICE OF PERSONAL HYGIENE IN PUBLIC

**Leon County Office of Emergency Management
Texas Department of State Health Services (DSHS)
Center for Disease Control and prevention (CDC)
PERSONAL HYGIENE IN PUBLIC PLACES**

Leon County Office of Emergency Management is currently working with Texas Department of State Health Services (DSHS) to increase the efforts in the urgent need for practicing personal hygiene by the public. This notice is being initiated by the current threat of the coronavirus disease 2019 (COVID-19) happening in the United States and multiple other countries. The worldwide efforts to combat the coronavirus outbreak is similar to the common outbreaks we see in the United States and Abroad. These outbreaks occur annually, such as the FLU VIRUS, Common Cold, Etc. Citizens should practice every day simple preventative hygiene techniques to decrease the spread of colds, viruses, and other common communicable diseases. There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, Public Health Officials always recommend everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Wash your hands after touching exposed objects such as public restrooms, door handles, shopping carts and shaking hands.
- Avoid close contact with people who are sick, have symptoms of being sick, or have been in close contact with someone who is sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick or if your children/dependents are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- 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.