

CORONAVIRUS PREVENTION TIPS

The CDC is encouraging all Americans to take the following everyday preventative actions: to stop the spread of COVID-19, the Coronavirus.

1 WASH YOUR HANDS

Viruses can spread on hands, door knobs, counter tops, and other surfaces. If you touch those surfaces and then touch your nose, eyes, or mouth, you could become infected.

2 USE SOAP

The CDC recommends you wash your hands often. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

3 CLEAN FREQUENTLY TOUCHED OBJECTS

Make sure to clean “high touch” surfaces, like phones and counter tops with disinfectant.

4 GET A FLU SHOT

It is a good idea to stay up to date on vaccines including the flu vaccine. The flu shot won’t protect you from the Coronavirus, but it will help you stay healthy.

5 STAY HOME WHEN YOU ARE SICK

Stay home when you are feeling sick to help stop the spread of disease.

6 STAY UP TO DATE

Go to <https://www.cdc.gov/coronavirus> and <http://alabamapublichealth.gov/infectiousdiseases/2019-coronavirus.html> to stay up to date on the latest information.



CONGRESSWOMAN
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WHAT CONGRESS IS DOING

The House has passed two bills to address this public health crisis

1 The House of Representatives passed the Families First Coronavirus Response Act, which is focused directly on providing support for America’s families, who are our first priority in this emergency.

This legislation includes:

- Free Coronavirus testing for everyone who needs a test, including the uninsured;
- Paid emergency leave with both 14 days of paid sick leave and up to three months of paid family and medical leave;
- Enhanced Unemployment Insurance;
- Strengthened food security initiatives, including SNAP, student meals, seniors nutrition and food banks;
- And increased federal funds for Medicaid, as states face increased costs.

2 Congress also passed into law \$8.3 billion in emergency funding to help states and public health providers fight the Coronavirus.

This funding is entirely new – not funding diverted from other critical public health priorities – to combat the Coronavirus epidemic and keep Americans safe.

The funding will support:

- Research and development of Coronavirus vaccines, therapeutics, and diagnostics;
- Improving surveillance for coronavirus;
- Laboratory testing to detect positive cases;
- Contact tracing to identify additional positive cases;
- And infection control at the local level, including public awareness campaigns, to prevent additional cases.