

**Headline:**

Curbing Coronavirus: Guidelines for Public Health

**Social:**

Along with hand washing, there's a lot we can do to slow the spread of coronavirus in Central Indiana. Here are important guidelines for keeping you, your home, and neighbors healthy.

**Meta:**

Hand washing is a big part of slowing the spread of coronavirus, but there's more to do. So, keep calm and wash your hands. And read on to keep yourself and our community healthy.

**Copy:**

The old adage "Keep Calm and Carry On" is being repurposed these days—but with a change to reflect what's going on now that we're dealing with the new coronavirus. The Centers for Disease Control (CDC) is telling us to "keep calm and wash your hands." They've even created a [printable sign](#).

That's because, as we work to stop the spread of coronavirus, [washing our hands](#) with soap and hot water (for at least 20 seconds) is one of the best prevention tools we've got—especially after we've been in public places. Other important times for scrubbing up are after blowing our noses, coughing or sneezing, before and after going to the bathroom, and before eating.

The virus is believed to spread from person-to-person contact, mostly when an infected person coughs or sneezes, and between people who are within six feet of each other.

And handwashing alone isn't enough:

- If you're sick, don't go out except to get medical care. If you suspect you've been exposed to coronavirus (and have a fever, cough, or shortness of breath), call our hotline at **317.325.COVD (2683)** or email [nurse@hancockregional.org](mailto:nurse@hancockregional.org).
- Avoid close contact with people who are sick. That's especially important for older adults and people with heart disease, diabetes, and lung disease.
- Cover your mouth and nose when you cough or sneeze or use the inside of your elbow.
- Wear a facemask if you're sick or caring for someone who is sick.
- If soap and water isn't available, use hand sanitizer with at least 60% alcohol on your hands.
- Stay home as much as possible. Work from home and [practice social distancing](#).
- Clean frequently touched surfaces daily—for example, doorknobs, light switches and phones. Use these [EPA-registered household disinfectants](#) or make your own with [these instructions](#).

And, as you add these important practices into your daily lifestyle, remember that you aren't just keeping yourself healthy. You're helping your entire community.