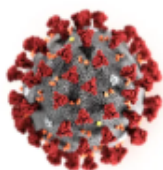


From: "Representative Terri Sewell" <AL07TSIMA@mail.house.gov>
Subject: Coronavirus prevention tips

News From Congresswoman Sewell
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U.S. CONGRESSWOMAN
TERRI SEWELL
REPRESENTING ALABAMA'S 7TH DISTRICT



CORONAVIRUS UPDATES

Dear Friends,

I know there has been great concern recently about the Coronavirus and what we can do as a community to protect our loved ones. My staff and I will continue to closely monitor the situation.

While there is currently no vaccine to prevent Coronavirus, the best way to prevent illness is to follow flu prevention tips.

Top of the list? 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. That's why you should wash your hands with soap and water frequently.

It is also a good idea to stay up to date on vaccines (including the flu vaccine) and avoid contact with sick people. Make sure to avoid touching your mouth, eyes, and nose, and to cover your cough or sneeze with a tissue. And disinfect frequently touched objects with a household cleaning spray or wipe.

Don't panic! There are no reported outbreaks in Alabama, but it is a good idea to prepare out of an abundance of caution. Make sure to plan ahead if you rely on prescription medications, in particular.

The CDC is publishing updates about the virus online. [For the latest updates, click here.](#) And for more information, please visit the [OAP](#) and [CDC](#) websites

As always, please stay in touch on this and other issues of concern.

Sincerely,

Congresswoman Terri A. Sewell



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