

Coronavirus (COVID-19) is a respiratory illness caused by a novel (new) virus, and we are learning more about it every day. There is currently no vaccine to protect against COVID-19. At this point, the best way to prevent infection is to avoid being exposed to the virus that causes it.

PREVENTION RECOMMENDATIONS FOR EVERYONE

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions:

- **Regularly and thoroughly clean your hands** with an alcohol-based hand rub (containing at least 60% alcohol) or wash them with soap and water for 20 seconds.
- **Maintain at least 6 feet (2 meters) distance between yourself and anyone who is coughing or sneezing.** This reduces chances of coming in contact with small liquid droplets that spray from the nose or mouth when someone coughs or sneezes.
- **Avoid touching eyes, nose and mouth.**
- **Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.** Then dispose of the used tissue immediately. Follow by washing your hands.
- **Stay home if you feel unwell.** If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.

SOCIAL DISTANCING GUIDANCE

In precaution, the University is recommending the practice of social distancing to limit the spread of COVID-19.

Social distancing refers to reducing the number of opportunities that community members gather in large groups or spend extended periods of time in close proximity. Most large group meetings and events have been cancelled on-campus. All efforts will be made to facilitate activities virtually, rather than in-person.

You can help reduce risk of illness by avoiding gathering socially or not attending large group events. Do your best to keep 6 feet (or 2 meters) between yourself and others. University recommendations and policies will be updated regularly. All community members are expected to adhere to this guidance.

FOR HIGHER-RISK INDIVIDUALS

Higher-risk individuals include older adults, or people who have underlying health conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes). If you are at higher risk for serious illness from COVID-19, it is important that you take action to reduce your risk of getting sick.

Consult your primary care provider about recommendations for reducing your risk.

If you develop emergency warning signs for COVID-19 (such as difficulty breathing, persistent chest pain or pressure, bluish lips or face, etc.) get medical attention immediately.

For medical questions about COVID-19, email communityhealth@princeton.edu.

Up-to-date University guidance and information about COVID-19 can be found at: <http://coronavirus.princeton.edu>