

# WCC Health Watch

## CORONAVIRUS (COVID-19)

### Networking Advice



#### No Handshake

Replace handshakes and high five with elbow bumps, head nods, waves or peace sign.



#### Share Digital Information

Ensure you can reconnect with new contacts by exchanging your business information digitally. This is important for networking, but also for contact tracing if someone gets sick. Use a digital business card, email or text with your contact information



#### Leave Some Space

If possible, leave an empty seat between you and the person next to you when attending events during a pandemic, this extra space can help prevent the spread of the virus.

### Daily Habits

#### Keep Doors Open



...or use tissues to open doors to avoid handling door knobs

#### Cough Into Your Elbow



...or a tissue, which should be disposed of immediately after

#### Wash Your Hands



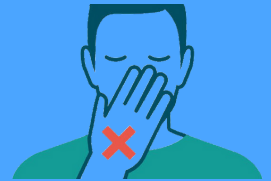
Wash for at least 20 seconds

#### Sanitize Common Spaces



Use CDC recommended disinfectant

#### Avoid Touching Face



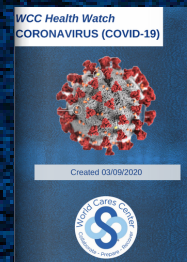
Your nose, mouth and eyes are transmission zones

### FAQ

Learn more at [www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)



Join the conversation, get updates and share what you are doing by joining the Coronavirus Response Group on the Ready Responders Network at [www.readyresponders.org](http://www.readyresponders.org)



Visit our website at <https://worldcares.org/coronavirus-faqs/> to read about COVID-19 FAQs