

# COVID-19 (coronavirus)

## Guidelines and Recommendations

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**In reaction to the COVID-19 (coronavirus) situation, the Central Texas Food Bank is closely monitoring developments and following guidance from the Centers for Disease Control and Prevention (CDC) and the Texas Department of Health Services.** Though the immediate risk remains low both in the US and Texas, it is important to stay informed and follow some basic guidelines, as these types of situations can be dynamic.

Please continue to treat everyone who visits your facility with respect and dignity and remember that the coronavirus does not target members of specific populations, socioeconomic status, ethnicities or racial backgrounds.

The coronavirus is a respiratory illness that can spread from person to person, usually via droplets ejected during a cough or sneeze. **Although the CDC categorizes the health risk to the general public as low, there are a few things we can do to prevent the spread of any disease:**

- Practice good hand hygiene. The best method for preventing contamination is hand washing with soap for 20 seconds and rinsing with hot water. Hand sanitizer stations should NOT be used in lieu of hand-washing. If you do not have access to soap and water, alcohol-based hand sanitizers that contain 60%-95% alcohol can be used as an alternative, but soap and water is the first choice. It is especially important to clean hands after going to the restroom, before eating, and after coughing, sneezing or blowing your nose.
- Wash your hands both before and after handling food or serving clients. If you use gloves, please discard them after your shift. Do not save them.
- Avoid touching your nose, eyes, and mouth.
- Cough or sneeze into your elbow or a tissue so your mouth and nose are covered. Then go wash your hands.
- Stay home if you are sick or if you have been exposed to a communicable disease (regardless of how you feel).
- Greet others with a wave and avoid shaking hands.
- Redouble your efforts to wipe down and clean public spaces after each distribution. This should include the addition of a few new tasks to your post-distribution cleaning procedures including wiping down frequently touched items like doorknobs, handrails, toilet handles, elevator buttons and rails, etc.
- Know the facts, don't panic, and don't spread rumors.

### **Things that are not helpful or effective:**

- Wearing a mask if you are not sick.
- Associating coronavirus with or avoiding a specific population or nationality. This sort of behavior is not supported by facts and is stigmatizing.

A few small actions can help us all stay healthy now and in the future.

Thank you for your continued commitment to serving our community with dignity and respect. We'll continue to monitor and adjust strategies to keep us all safe and healthy moving forward.

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