

As you probably know, the [coronavirus disease 2019 \(COVID-19\)](#) is starting to show up in more areas of our country, with 108 confirmed cases currently in the U.S. Although there are no confirmed cases of COVID-19 currently in Arkansas (two cases are still under investigation), the [Centers for Disease Control and Prevention](#) (CDC) feels that more cases of COVID-19 are likely to be identified throughout the country in the coming days.

While there is currently no vaccine to prevent COVID-19 and no approved treatment for this virus, standard methods used to prevent viral transmission can be very effective in protecting yourself and others against COVID-19. For this reason, the CDC recommends the following measures:

- Avoid close contact with people who are sick.
 - The CDC defines “close contact” as being within six feet of someone who is ill for more than 1-2 minutes.
- Avoid being sneezed on or coughed on by someone who is sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water or a disinfectant.
- Follow the CDC’s recommendations for using a facemask.
 - The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Daily updates about COVID-19 in Arkansas are posted at 3 p.m. every day on the Arkansas Department of Health’s website: <https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus>

More information about COVID-19 can be found on the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>