



## COVID-19 (Coronavirus) INTERIM GUIDANCE

Dr. Ralph T. Bryan, Albuquerque Shin-Budo Kai  
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### *Stay informed.*

Follow your local/state health department's updates and the CDC's updates. Do not rely exclusively on media reports. Consult these Federal and TriState area links regularly:

[CDC COVID19 Page](#)

[New York State Department of Public Health](#)

[New Jersey Department of Public Health](#)

[Connecticut Department of Public Health](#)

### *Stay home if you are sick.*

Be mindful of symptoms including, but not limited to, any of the following: fever, cough, sore throat, sinus congestion/runny nose.

### *Avoid close contact with people who are sick .*

- “Close contact” generally means about 6 ft.
- If there are persons in your household who are sick, please delay training at the dojo until it is clear that everyone, including yourself, is well again.

### *Be mindful of everyday habits!*

- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands. Or, cough/sneeze into the crook of your elbow.
- At home and in the dojo, clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Replace cloth hand towels with paper towels in bathrooms and near any other sinks used for hand washing.

### *And most of all, wash your hands well and often!*

Wash your hands often with soap and water for at least 20 seconds . 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 (see [CDC's Handwashing](#) website) Always wash hands or use hand sanitizer after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. Hand sanitizer is available at all SBK dojos. Remember to clean your wrists as well!

**Let's all stay healthy!**