

FINANCIAL SECURITY
PLANNING SERVICES, INC.SM



Coronavirus Risk: Tips for Protecting Your Health

March 2020

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**Daylight Saving Time begins this Sunday on
March 8th.**

**Sunrise and sunset will be about
one hour earlier than the day before.**

**Please remember to
move your clock AHEAD one hour.**



Coronavirus Risk: Tips for Protecting Your Health

Like you, we're concerned about the coronavirus and the risk it may pose to our health and that of our clients, family, and friends. With so much information (and misinformation) out there, we wanted to provide you with some tips for protecting yourself.

The Centers for Disease Control and Prevention (CDC), the World Health Organization, and individual state health departments are the best resources for up-to-date information on the spread of the coronavirus. While the CDC suggests that the risk to most of the American public is low, as the virus has not yet spread nationwide, the situation continues to evolve. As such, the CDC recommends the [following preventive actions](#):

- Avoid close contact with people who are 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 away.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

- 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 percent alcohol.

Of course, if you believe you may have come into contact with someone infected with the coronavirus or you start feeling ill, reach out to your doctor's office to discuss your concerns. Your doctor will guide you to the next appropriate steps for your situation, which may include self-quarantine.

Your health and safety are paramount, so please take care to protect yourself from risk. We are doing the same. If you have upcoming travel plans, we suggest regularly checking the CDC's website, which offers detailed information on the areas of greatest risk and [recommendations for travelers](#).

My staff and I deeply appreciate the continuing opportunity to work with you. Please let me know if you have any questions or requests. Thank you.

Sincerely,

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