

The Society of Women Engineers (SWE) is closely monitoring the news regarding Coronavirus/COVID-19 and actively planning for any potential circumstances. We are adhering to all guidance provided by the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

The CDC has labeled the current Coronavirus outbreak as a serious public health threat but one where the immediate health risk to the general American public is considered low. By contrast, the flu virus is very active at this time of year. It is important to take preventive actions to reduce the risk of all viral transmissions.

Below are guidelines from the CDC, which we will update as the guidance changes, as well as specific actions we are taking here at the SWE HQ and at our WE Local events both in the US and globally. Included at the bottom of this message are links to the public health information sources – please follow the guidance of those sources for employers and schools and keep updated as conditions and best practices can change.

### Individual Preventive Actions

- Stay home when you are sick and if you have a fever, stay home for at least 24 hours after your fever is gone.
- If you or a member of your household have traveled to any of the [Level 2+ countries](#) (per the CDC: China, Iran, Italy, South Korea, Japan as of March 2, 2020) between February 10, 2020 and today, alert your workplace and contact your healthcare provider.
- Wash your hands often with soap and water for at least 20 seconds. Be sure to scrub under your fingernails and between your fingers. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash immediately and not on any hard surface. If tissues are not available, cough or sneeze into your sleeve.
- Clean and disinfect frequently touched objects and surfaces.
- Eliminate open sources of shared snacks and food in the workplace.
- Stop shaking hands and exchanging business cards.
- It's good to remember that the best way to avoid the cold and flu is to have a healthy immune system—eat a sensible, balanced diet, exercise regularly and consult a physician on a regular basis to take advantage of preventive health care measures such as immunizations.

### General Guidance from the CDC on Travel:

\*Please note that none of SWE's activities are in the cited areas/countries

- Per the CDC and actions being taken by other organizations, any travelers who enter the United States after being in [a level 3+ country](#) on the CDC's travel advisory list (China, Iran, Italy, South Korea, Japan as of March 2, 2020) during the past 14 days should restrict their movements. If you are a recently-returned traveler from one of those countries and have not already been quarantined by government agencies upon return to the U.S., you are asked to closely monitor your health and practice social distancing for 14 days (note: social distancing = 6 feet or more between you and anyone else).
- We discourage any non-essential, work-related travel to [level 2+ locations \(per the CDC\)](#).