How We All Can Help Stop The Spread of COVID-19

Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

World Health Organization

Image: The World Health Organization
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

This is unprecedented times for everyone within the United States and around the world. There is currently a lot of uncertainty about Coronavirus (COVID-19) and it continues to be a fluid situation. We must all stay aware of the latest changes and updates about Covid-19. It has been reported that most people who become infected experience mild illness and recover, but it can be more severe for others. We are all in this together and everyone can take some basic measures to help protect themselves, their employees, and their families. At this time the best way to prevent illness is to avoid being exposed to this virus. The Centers for Disease Control and Prevention (CDC) provides great resources on what we all can do and best practices to follow. Below are some ways to help decrease the spread of the coronavirus:

Stay home if...
- You are feeling sick
- You have a sick family member in your home

Bonsack

Buchanan

Care Center

Cave Spring

Daleville

Eagle Rock

Fairfield

LakeWatch

Lexington

Natural Bridge

Peters Creek

Salem

Troutville

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Practice good hygiene

- Stop handshaking – use other noncontact methods of greeting
- *Clean hands at the door and schedule regular hand washing reminders by email*
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

Be careful with meetings and travel

- Use videoconferencing for meetings when possible
- When not possible, hold meetings in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings
- Assess the risks of business travel

Avoid crowding and practice social distancing

- Use booking and scheduling to stagger customer flow
- Use online transactions where possible
- Consider limiting attendance at larger gatherings
- If you have to go out, practice social distancing and stay at least 6ft from others

Limit time with older adults, relatives, and people with serious underlying medical conditions

- Older adults and people who have serious underlying medical conditions are at highest risk of getting sick from COVID-19
- If others in your home are at particularly high risk for severe illness from COVID-19, consider extra precautions to separate your child from those people
- Consider postponing visits or trip to see older family members and grandparents.
- Connect virtually or by writing letters and sending via mail.

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?

World Health Organization #Coronavirus #COVID19

9 March 2020

Image: The World Health Organization
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

Safety Tips for Remote Working

Working from home is not a new concept. Technology has progressed over the years which allows workers to perform their daily activities from anywhere in the world and in many cases from different types of devices, not just a workstation.

Many companies have increased the number of teleworkers because it made more fiscal sense and allowed employees to have more of a work life balance, which in turn has shown to have a positive impact to their overall job performance.

However, the Coronavirus (Covid-19) outbreak concerns have some companies who have not adopted a work from home policy scrambling to come up with solutions that keep at-risk staff away from the office to help flatten the curve.

For many tech companies the infrastructure for working remotely is already in place. For others, they are starting from the ground level. Security is always a main concern. Below are some security tips to keep in mind when transitioning to a telework environment.

Use a VPN
A virtual private network (VPN) extends a private network across a public network and enables users to send and receive data across shared or public networks as if their computing devices were directly connected to the private network. VPN technology was developed to allow remote users and branch offices to access corporate applications and resources. Use a VPN whenever you're connected to a network that you don't control. That includes Wi-Fi at co-working spaces, cafes, libraries, and airports. Some companies have their own VPNs that off-site employees need to access certain servers or websites that store information meant only for internal use. In those events workers also need to use a VPN at home.

Multifactor Authentication (MFA)
Multifactor authentication (MFA) ensures that access, whether to cloud-based services or full network access, is by authorized users only. Wherever possible, use an app-based system or physical hardware token to generate one-time codes that grant authenticated access. This method confirms a user's identity by first requiring a username and password, as well as another piece of information, whether it be an answer to a "secret question" or perhaps a PIN that was sent to their cell phone. Some companies may take it a bit further and require additional verification that might include biometrics like retina, voice or fingerprint recognition.

Encrypt Everything
Encryption is extremely important. Encrypting files prevents hackers from gaining access to sensitive information. Making sure that full-device encryption is turned on and activated is a must. Encrypting emails are also important so that hackers can't read your business emails.

Enforce Strong Password Policy
Password safety is another relatively easy way to protect your organization's data. Using the same password across multiple accounts is **_not_** good practice. Each account should have its own unique password. Passwords should comprise of upper- and lower-case letters, numbers, and special characters.

Technology has made it extremely easy to continue our daily job activities via online tools. Remote working may be the new norm for a while during these unprecedented times, but cybersecurity should not be sacrificed.

Sources:
https://www.computerworld.com/article/3532352/12-security-tips-for-the-work-from-home-enterprise.html
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