



## What You Should Know About Coronavirus

The risk currently posed by coronavirus is low in the U.S., including Massachusetts, according to the Centers for Disease Control and Prevention. However, as the number of cases grows, our medical experts shared some ways to help prevent the spread of viruses.

### Tips for Staying Healthy

#### Practice good hygiene.

Wash your hands with soap, cover your mouth and nose when sneezing or coughing, and regularly clean frequently touched objects.

#### Limit exposure.

Stay home when sick, and avoid close contact with people who are ill.

#### Get the flu shot.

While the flu shot is not effective against the coronavirus, this safe and effective shot prevents the common influenza (flu) virus which causes thousands of hospital admissions and deaths each year.

[Learn More](#)

Visit the [CDC's website](#) for more about the virus.

