**Regarding the current Corona virus concern in the U.S, Century Gun Club:**

**Decisions:**

**Will remain closed until the "stay at home" order is lifted.**

**Avoid large crowds**

Avoiding large crowds can often be difficult. But if you’re able to limit contact with people during flu season, you can reduce your risk of getting an infection.

The flu can spread quickly in confined spaces. This includes schools and workplaces. If you have a weaker immune system, wear a face mask whenever you’re in a public place during flu season.

You can also protect yourself by staying away from people who are sick. Keep your distance from anyone who is coughing, sneezing, or has other symptoms of a cold or virus.

**Wash your hands regularly**

Because the flu virus can live on hard surfaces for 24 hours, get into a habit of regularly washing your hands. This is especially important before preparing food and eating. Also, you should always wash your hands after using the bathroom.

Carry a bottle of hand sanitizing gel with you, and sanitize your hands throughout the day when unable to wash your hands. You can do this after shaking hands with someone and after coming into contact with commonly touched surfaces like doorknobs, light switches, and counters.

Not only should you wash your hands regularly, but you should also make a conscious effort not to touch your nose, mouth, or eyes. The flu virus can travel in the air, but it can also enter your body when your infected hands touch your face.

When washing your hands, use warm soapy water and rub your hands together for at least 20 seconds. Rinse your hands and dry with a clean towel.

To avoid touching your face, cough or sneeze into a tissue or into your elbow.

**Strengthen your immune system**

Strengthening your immune system is another way to protect yourself against the flu. A strong immune system helps your body fight off infections. And if you do become sick, a strong immune system helps reduce the severity of symptoms.

To build your immunity, sleep at least seven and a half to nine hours per night. Also, maintain a regular physical activity routine — at least 30 minutes, three times a week.

Eat a healthy, nutrient-rich diet, as well.

**Clean and disinfect surfaces**

If someone in your home has the flu and you might become exposed to the flu virus, you can reduce your risk of infection by keeping surfaces in your house clean and disinfected. This can kill flu germs.

Use a disinfectant cleaner to wipe down doorknobs, telephones, toys, light switches, and other surfaces several times each day. The infected person should also quarantine themselves to a certain part of the house.

**Visit the doctor if flu symptoms arise:**

Because the flu can be dangerous, inform your manager or Human Resources if you begin to experience flu symptoms – and please do not come to work.

Visit your doctor if you develop any symptoms of the flu.

Symptoms to watch for include fever, coughing, sore throat, body aches, headache, tiredness, and runny nose. There’s no cure for the flu.  But if you’re exposed to the virus and see a doctor early, you might be able to receive a prescription antiviral medication. If taken within the first 48 hours of symptoms, an antiviral may shorten the duration of the flu and reduce the severity of symptoms. As a result, there’s a lower risk of complications like pneumonia.

Stay Safe, and we will shoot again!