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## Should you be worried about getting sick?

California has confirmed six cases of coronavirus - a contagious respiratory illness – with at least one in Los Angeles County. As the disease infects thousands worldwide, research is being conducted on how the virus spreads and how those who are infected can be cured.

## Getting through the onslaught unscathed

Disease knows no borders. In our interconnected world, infections can spread from rural villages to major cities in a short time, entering a human host through the mouth, eyes and nose and more. Daily activities make the spread of illness very easy. How can you protect yourself and others?

## Is hand sanitizer enough to protect you?

Germs and disease are everywhere: in the air, on our food. The Centers for Disease Control and Prevention (CDC) recommends washing hands whenever possible to reduce germs, or to use hand sanitizer. Also, studies show that face masks may be effective in helping to keep you well.

