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House of Representatives

The House met at 10 a.m. and was called to order by the Speaker.

ANNOUNCEMENT BY THE SPEAKER

The SPEAKER. The Chair wishes to make an announcement to the House regarding floor practices.

Members are reminded of the unique tradition and dignity of the House that sets it apart from other institutions and workplaces.

Members should refrain from trafficking in the well when another Member, including the presiding officer, is addressing the House.

The rules establish 15 minutes as the minimum time for electronic voting in the ordinary case and 5 and 2 minutes as the minimum time in other cases when Members are already in or near the Chamber in response to an earlier vote.

As a reminder, Members should attempt to come to the floor within the 15-minute period as prescribed by the first ringing of the bells. As a point of courtesy to each of your colleagues, voting within the allotted time would help with the maintenance of this institution.

Members are further reminded that the policy is to not terminate the vote when a Member is in the well attempting to cast a vote. Other efforts to hold the vote open are not similarly protected.

Members should wear appropriate business attire during all sittings of the House, however brief their appearance on the floor may be.

MORNING-HOUR DEBATE

The SPEAKER. Pursuant to the order of the House of January 7, 2020, the Chair will now recognize Members from lists submitted by the majority and minority leaders for morning-hour debate.

The Chair will alternate recognition between the parties, with time equally

allocated between the parties and each Member other than the majority and minority leaders and the minority whip limited to 5 minutes, but in no event shall debate continue beyond 11:50 a.m.

PROTECTING YOURSELF FROM CORONAVIRUS

The SPEAKER. The Chair recognizes the gentleman from Rhode Island (Mr. CICILLINE) for 5 minutes.

Mr. CICILLINE. Madam Speaker, as the number of coronavirus cases rises, it is important that our constituents have the information they need to protect themselves, so I am going to use my 5 minutes today to walk through what doctors and health experts know and what Congress has done in response.

First, there is no vaccine to prevent coronavirus, so taking steps to protect yourself is paramount.

As much as possible, avoid contact with individuals who are already sick. If you yourself are sick, stay home. There is no need to go to work and risk getting other people sick as well.

Try to avoid touching your face, especially your eyes, nose, and mouth.

If you have to cough or sneeze, cover your mouth with a tissue. If you don't have a tissue, use your sleeve.

Be sure that you are cleaning and disinfecting frequently touched objects and surfaces, like doorknobs and phones.

If you feel compelled to wear a face mask, be sure that you check the CDC's recommendations. Face masks are not recommended for people who are trying to protect themselves from respiratory diseases. This includes coronavirus. However, face masks are recommended if you are showing symptoms of coronavirus or another respiratory disease.

Most importantly, the CDC recommends that you wash your hands

frequently. Do so with soap and water for at least 20 seconds. You should especially wash your hands after using the restroom; before you eat; and after you blow your nose, cough, or sneeze.

If you are unable to wash your hands but have a sanitizer available, the CDC recommends that it be alcohol-based with at least 60 percent alcohol.

As the coverage of this ongoing outbreak continues and the number of positive cases grows, it is also important that the American people know what the symptoms of coronavirus actually are.

According to the CDC, coronavirus symptoms may appear as soon as 2 days and as late as 14 days after exposure. These symptoms include fever, cough, and shortness of breath.

If you are suffering from these symptoms, you should stay home. Do not rush to the emergency room, a minute clinic, or another medical facility.

While you are at home, do your best to stay away from your family or other people you may regularly encounter.

The next step is to call your doctors and let them know that you are exhibiting symptoms of coronavirus. They will tell you the next steps you should take.

If they want you to come in for a test, this call will allow your healthcare provider to take the necessary steps to keep other people from getting infected.

If you are going to the doctor or out in public with symptoms, now is the time to wear a face mask.

If your symptoms continue to worsen, call your doctor and seek prompt medical attention.

Be sure that your doctor is in contact with your local or State health department. This will make the monitoring or self-monitoring process easier for both you and health officials.

If you are instructed to self-quarantine, stay at home until you are instructed to leave. This will minimize

□ This symbol represents the time of day during the House proceedings, e.g., □ 1407 is 2:07 p.m.

Matter set in this typeface indicates words inserted or appended, rather than spoken, by a Member of the House on the floor.



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