

COVID-19 WHAT YOU NEED TO KNOW

1. All sick or COVID-19 positive people: isolate in your own room 10 days, + 3 days without fever whichever is later. Use your own bathroom and your own towels, don't share. Sick people wash/disinfect hands and wear the mask if they are out of isolation, e.g. to go to the bathroom or drive to the ER. Evidence exists to suggest that it is not good (for adults) to lower your fever as it helps you fight the infection.
2. Contacts of sick or COVID-19 positive people: quarantine in your own house for 14 days after your last contact. Do not go to work or the store.
3. Both 1 and 2 above, stay away from those who are high risk (those over 65, or those with diabetes, hypertension, chronic lung or kidney disease, immunosuppressed).
4. DON'T break the isolation or quarantine even to shopping one last time or get something quick.
5. Wash hands with soap and water often. Don't touch your face.
6. Disinfect: Lysol wipes, Clorox wipes, or Bleach 4T + 1 Qt water, make it daily. Keep surface wet for 10 sec.
7. Call your doctor if you get chest pain or shortness of breath.
8. Don't rely on negative COVID-19 testing or positive antibody testing. Negative test can be a false negative. Positive test is certain. Still adhere to the above recommendations.
9. If you are not sick, and out in public, wear a face covering to prevent potential asymptomatic spread.
10. EVERYONE needs to follow these rules for safety.

How to Protect Yourself and Others

Know how it spreads



- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - » Between people who are in close contact with one another (within about 6 feet).
 - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often



- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact



- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
 - » Remember that some people without symptoms may be able to spread virus.
 - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cover your mouth and nose with a cloth face cover when around others



- **You could spread COVID-19 to others** even if you do not feel sick.
- **Everyone should wear a cloth face cover when they have to go out in public**, for example to the grocery store or to pick up other necessities.
 - » Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- **The cloth face cover is meant to protect other people** in case you are infected.
- Do **NOT** use a facemask meant for a healthcare worker.
- Continue to **keep about 6 feet between yourself and others**. The cloth face cover is not a substitute for social distancing.

Cover coughs and sneezes



- **If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect



- **Clean AND disinfect frequently touched surfaces** daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.