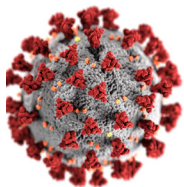# What you should know about COVID-19 to protect yourself and others

Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

cdc.gov/coronavirus

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse hands well under clean, running water.

Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH CLEAN HANDS

www.cdc.gov/handwashing

CS310027-A

Handwashing
at Home, at Play, and Out and About

Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:

People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.

Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.

Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.

What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.

2. Lather your hands by rubbing them together with the soap.

3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.

4. Rinse your hands under clean, running water.

5. Dry your hands using a clean towel or air dry them.

Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

CS 280522A

When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food

- Before eating food

- Before and after caring for someone who is sick

- Before and after treating a cut or wound

- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom

- After blowing your nose, coughing, or sneezing

- After touching an animal, animal food or treats, animal cages, or animal feces (poop)

- After touching garbage

- If your hands are visibly dirty or greasy

What type of soap should you use?

You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sicknesses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

Studies have shown that handwashing can prevent

1 in 3

diarrhea-related sicknesses and

1 in 5

respiratory infections, such as a cold or the flu.

For more information and a video demonstration of how to wash your hands, visit the CDC handwashing website:

www.cdc.gov/handwashing

Use Personal Protective Equipment (PPE) When Caring for Patients with Confirmed or Suspected COVID-19
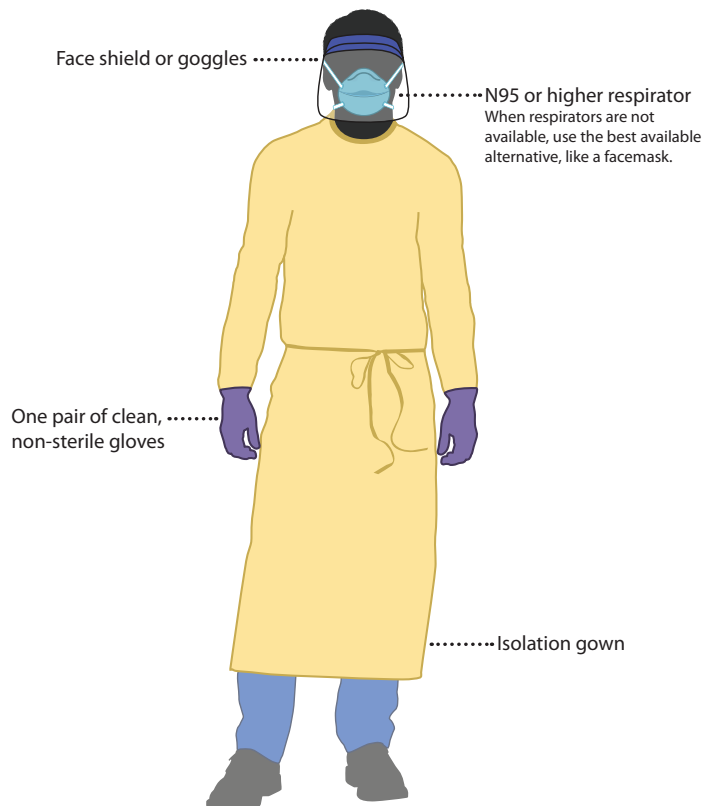
Before caring for patients with confirmed or suspected COVID-19, healthcare personnel (HCP) must:

- **Receive comprehensive training** on when and what PPE is necessary, how to don (put on) and doff (take off) PPE, limitations of PPE, and proper care, maintenance, and disposal of PPE.

- **Demonstrate competency** in performing appropriate infection control practices and procedures.
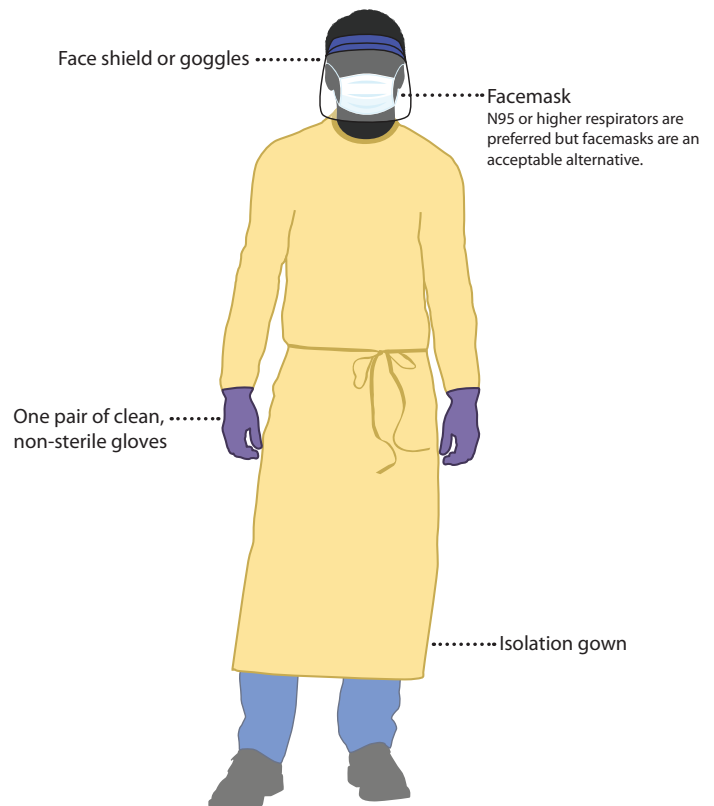
Remember:

- PPE must be donned correctly before entering the patient area (e.g., isolation room, unit if cohorting).

- PPE must remain in place and be worn correctly for the duration of work in potentially contaminated areas. PPE should not be adjusted (e.g., retying gown, adjusting respirator/facemask) during patient care.

- PPE must be removed slowly and deliberately in a sequence that prevents self-contamination. A step-by-step process should be developed and used during training and patient care.

Preferred PPE – Use N95 or Higher Respirator

Face shield or goggles

N95 or higher respirator
When respirators are not available, use the best available alternative, like a facemask.

One pair of clean, non-sterile gloves

Isolation gown

Acceptable Alternative PPE – Use Facemask

Face shield or goggles

Facemask
N95 or higher respirators are preferred but facemasks are an acceptable alternative.

One pair of clean, non-sterile gloves

Isolation gown

www.cdc.gov/coronavirus

Donning (putting on the gear):

More than one donning method may be acceptable. Training and practice using your healthcare facility's procedure is critical. Below is one example of donning.

1. **Identify and gather the proper PPE to don.** Ensure choice of gown size is correct (based on training).

2. **Perform hand hygiene using hand sanitizer.**

3. **Put on isolation gown.** Tie all of the ties on the gown. Assistance may be needed by another HCP.

4. **Put on NIOSH-approved N95 filtering facepiece respirator or higher (use a facemask if a respirator is not available).** If the respirator has a nosepiece, it should be fitted to the nose with both hands, not bent or tented. Do not pinch the nosepiece with one hand. Respirator/facemask should be extended under chin. Both your mouth and nose should be protected. Do not wear respirator/facemask under your chin or store in scrubs pocket between patients.*

   » **Respirator:** Respirator straps should be placed on crown of head (top strap) and base of neck (bottom strap). Perform a user seal check each time you put on the respirator.

   » **Facemask:** Mask ties should be secured on crown of head (top tie) and base of neck (bottom tie). If mask has loops, hook them appropriately around your ears.

5. **Put on face shield or goggles.** When wearing an N95 respirator or half facepiece elastomeric respirator, select the proper eye protection to ensure that the respirator does not interfere with the correct positioning of the eye protection, and the eye protection does not affect the fit or seal of the respirator. Face shields provide full face coverage. Goggles also provide excellent protection for eyes, but fogging is common.

6. **Put on gloves.** Gloves should cover the cuff (wrist) of gown.

7. **HCP may now enter patient room.**

Doffing (taking off the gear):

More than one doffing method may be acceptable. Training and practice using your healthcare facility's procedure is critical. Below is one example of doffing.

1. **Remove gloves.** Ensure glove removal does not cause additional contamination of hands. Gloves can be removed using more than one technique (e.g., glove-in-glove or bird beak).

2. **Remove gown.** Untie all ties (or unsnap all buttons). Some gown ties can be broken rather than untied. Do so in gentle manner, avoiding a forceful movement. Reach up to the shoulders and carefully pull gown down and away from the body. Rolling the gown down is an acceptable approach. Dispose in trash receptacle.*

3. **HCP may now exit patient room.**

4. **Perform hand hygiene.**

5. **Remove face shield or goggles.** Carefully remove face shield or goggles by grabbing the strap and pulling upwards and away from head. Do not touch the front of face shield or goggles.

6. **Remove and discard respirator (or facemask if used instead of respirator).*** Do not touch the front of the respirator or facemask.

   » **Respirator:** Remove the bottom strap by touching only the strap and bring it carefully over the head. Grasp the top strap and bring it carefully over the head, and then pull the respirator away from the face without touching the front of the respirator.

   » **Facemask:** Carefully untie (or unhook from the ears) and pull away from face without touching the front.

7. **Perform hand hygiene after removing the respirator/facemask** and before putting it on again if your workplace is practicing reuse.

*Facilities implementing reuse or extended use of PPE will need to adjust their donning and doffing procedures to accommodate those practices.

www.cdc.gov/coronavirus

Please wear a cloth face covering.

6 ft

Maintain a distance of 6 feet whenever possible.

CDC

cdc.gov/coronavirus

CS 317176-B 05/27/2020

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2
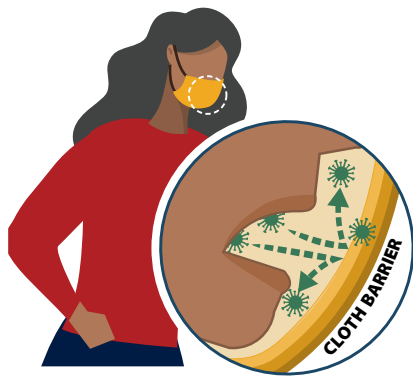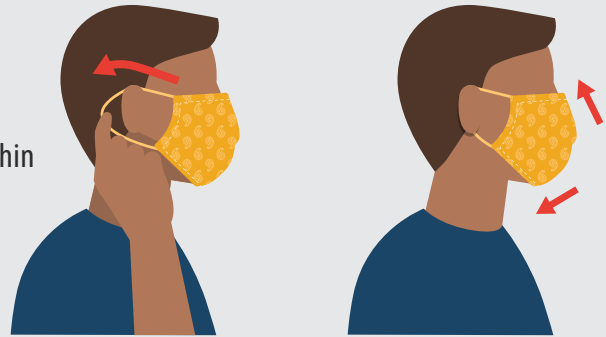
USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

CLOTH BARRIER

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

PHARMACY

TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

cdc.gov/coronavirus

CS 316488A   06/10/2020

What You Need to Know About COVID-19 and Pets

Animals, including pets, can be infected with the virus that causes COVID-19

We are still learning about SARS-CoV-2, the virus that causes COVID-19, but it appears that it can spread from people to animals in some situations. A small number of pets worldwide have been reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19. **Based on the limited information available to date, the risk of pets spreading COVID-19 to people is considered to be low.**

There is no vaccine for SARS-CoV-2

There is currently no vaccine to protect pets or people from SARS-CoV-2. There are vaccines for other coronaviruses in animals, but these do not protect against this virus.

Protect your pet from SARS-CoV-2

Because there is a risk that people with COVID-19 could spread the virus to some animals, including pets, CDC recommends that pet owners limit their pet's interaction with people outside their household and people known or suspected to have COVID-19.

- Keep cats indoors when possible and do not let them roam freely outside.

- Walk dogs on a leash at least 6 feet (2 meters) away from others.

- Avoid public places where a large number of people gather.

- Do not put face coverings on pets. Covering a pet's face could harm them.

- Do not wipe or bathe your pet with chemical disinfectants, alcohol, hydrogen peroxide, or other products not intended or approved for use on animals.

If you get sick with COVID-19, avoid contact with pets and other animals during your illness.

- When possible, have another member of your household care for your pets while you are sick.

- Avoid contact with your pet including petting, snuggling, being kissed or licked, sharing food, and sleeping in the same bed.

- If you must care for your pet or be around animals while you are sick, wear a cloth face covering and wash your hands before and after you interact with them.

Symptoms of SARS-CoV-2 infection in pets

Infected pets might get sick or they might not have any symptoms. Most pets who have gotten sick only had mild illness and fully recovered. Some signs of illness in pets may include fever, coughing, difficulty breathing or shortness of breath, lethargy, sneezing, nose or eye discharge, vomiting, or diarrhea.

Testing pets is usually not necessary

At this time, routine testing of pets for SARS-CoV-2 is not recommended. If you're concerned about your pet's health, work with your veterinarian to ensure that your pet receives appropriate care. If you are concerned your pet is sick after being around a person with COVID-19, talk to your veterinarian. Your veterinarian may want to rule out other more common causes of respiratory illnesses in pets first.

If you think your pet has SARS-CoV-2

If your pet gets sick after contact with a person with COVID-19, call your veterinarian first and let them know the pet was around a person with COVID-19. Some veterinarians may offer telemedicine consultations or other plans for seeing sick pets. Your veterinarian can evaluate your pet and determine the next steps for your pet's treatment and care.

Do not surrender, euthanize, or abandon pets because of SARS-CoV-2

At this time, there is no evidence that animals play a significant role in spreading SARS-CoV-2 to people. COVID-19 is mainly spreading from person to person through close contact. **There is no reason to give up or euthanize pets because of SARS-CoV-2.**

COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.

If you had close contact with a person who has COVID-19

- Stay home until 14 days after your last contact.

- Check your temperature twice a day and watch for symptoms of COVID-19.

- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

If you are sick and think or know you have COVID-19

- Stay home until after
  - 3 days with no fever and
  - Symptoms improved and
  - 10 days since symptoms first appeared

If you tested positive for COVID-19 but do not have symptoms

- Stay home until after
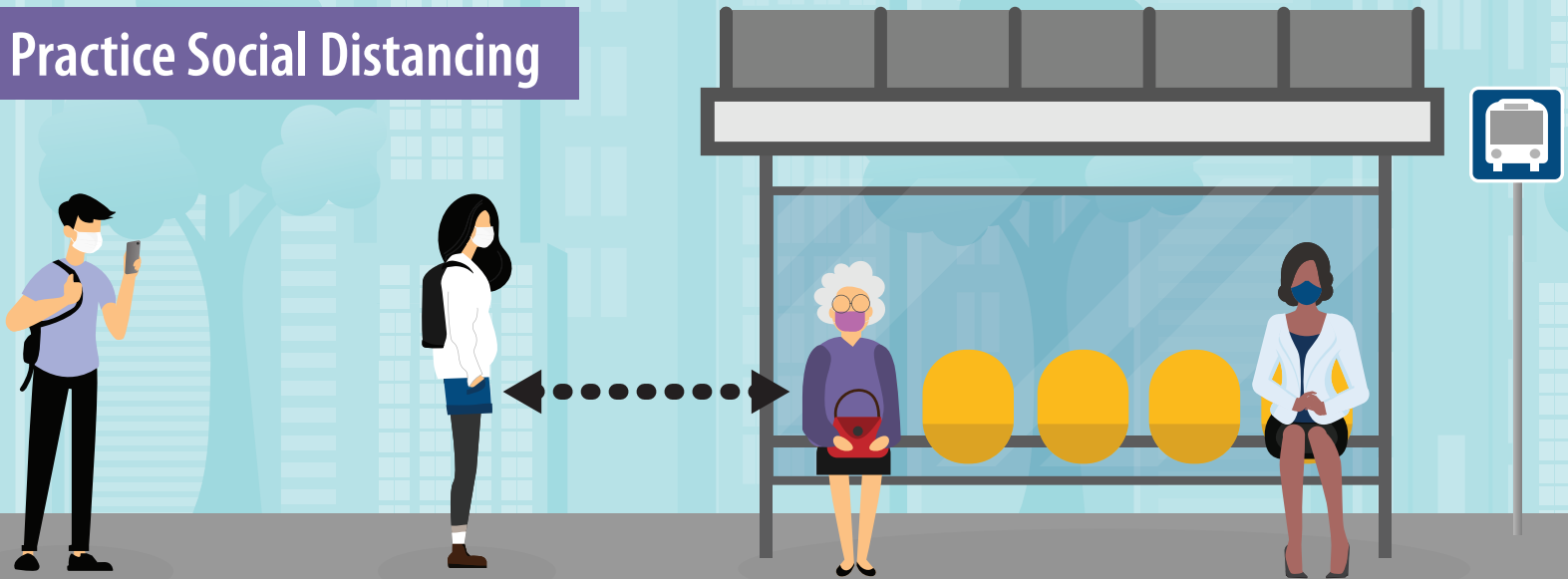 - 10 days have passed since your positive test.

If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

cdc.gov/coronavirus

Help Protect Yourself and Others from COVID-19

Practice Social Distancing

Stay 6 feet (2 arm's lengths) from other people.
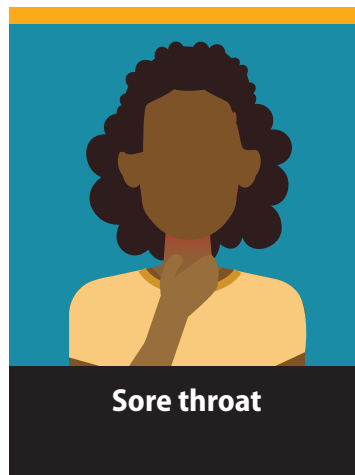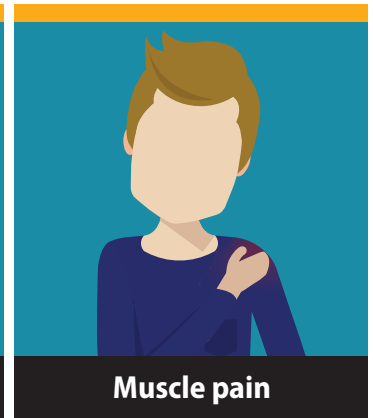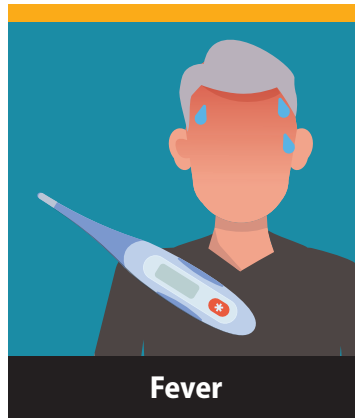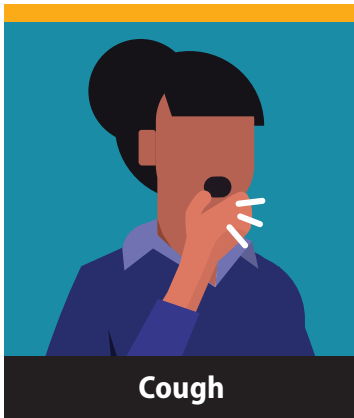
And Wear a Cloth Face Covering

Be sure it covers your nose and mouth to help protect others.
You could be infected and not have symptoms.

CDC

cdc.gov/coronavirus

CS 317297-A 05/29/2020

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

Cough

Fever

Chills

Muscle pain

Shortness of breath or difficulty breathing*

Sore throat

New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

cdc.gov/coronavirus

317142-A May 20, 2020 10:44 AM

What You Can do if You are at Higher Risk of Severe Illness from COVID-19

Are You at Higher Risk for Severe Illness?

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
  - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
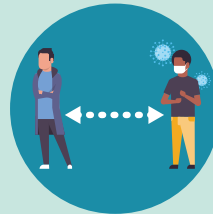- People with liver disease

Here's What You Can do to Help Protect Yourself

Stay home if possible.

Wash your hands often.

Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.

Clean and disinfect frequently touched surfaces.

Avoid all cruise travel and non-essential air travel.

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's How to Protect Yourself.

cdc.gov/coronavirus

Facemask Do's and Don'ts
For Healthcare Personnel

When putting on a facemask
Clean your hands and put on your facemask so it fully covers your mouth and nose.

DO secure the elastic bands around your ears.

DO secure the ties at the middle of your head and the base of your head.

When wearing a facemask, don't do the following:

DON'T wear your facemask under your nose or mouth.

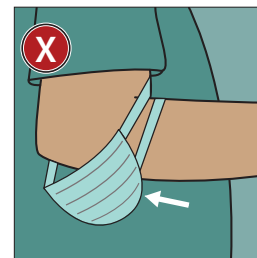**DON'T** allow a strap to hang down. **DON'T** cross the straps.

DON'T touch or adjust your facemask without cleaning your hands before and after.

DON'T wear your facemask on your head.

DON'T wear your facemask around your neck.

DON'T wear your facemask around your arm.

When removing a facemask
Clean your hands and remove your facemask touching only the straps or ties.

DO leave the patient care area, then clean your hands with alcohol-based hand sanitizer or soap and water.

DO remove your facemask touching ONLY the straps or ties, throw it away*, and clean your hands again.

***If implementing limited-reuse:** Facemasks should be carefully folded so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. Folded facemasks can be stored between uses in a clean, sealable paper bag or breathable container.

Additional information is available about how to safely put on and remove personal protective equipment, including facemasks:
https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html.

cdc.gov/coronavirus

Important Information About Your Cloth Face Coverings

Print Resources Web Page: https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:

Stay at home as much as possible
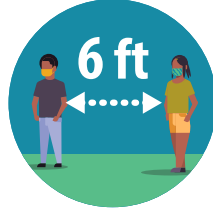
6 ft Practice social distancing (remaining at least 6 feet away from others)

Clean your hands often

In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms. 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.

How cloth face coverings work

Cloth face coverings may prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people may spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering may protect others around you. Face coverings worn by others may protect you from getting the virus from people carrying the virus.

General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping

Wash your cloth face covering after each use in the washing machine or by hand using a bleach solution Allow it to completely dry.

For more information, go to: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html
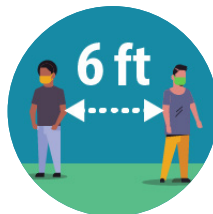
cdc.gov/coronavirus

Meat and Poultry Processing Facilities:
Key Strategies to Prevent COVID-19 Infection among Employees

Accessible version: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/meat-poultry-processing-workers-employers.html

Employers should assess their workplace for factors that might increase the risk of spreading COVID-19. Develop a health and safety plan using the following prevention guidance. Reach out frequently to state and/or local public health officials and occupational safety and health professionals to get relevant and up-to-date information concerning COVID-19 in your area.

- **Keep employees at least 6 feet away from each other as much as possible (encourage social distancing).** Use physical barriers or partitions, reduce staffing, or modify workstations or work procedures to increase the distance between employees. Add additional clock in/out stations, space out chairs in break rooms, and add outside tents for breaks.

- **Increase frequency of cleaning and disinfection and make sure there is adequate ventilation in shared spaces.** Clean and disinfect tools or other equipment at least as often as employees change workstations. Disinfect frequently touched surfaces in workspaces, break rooms, and shuttle buses or vans if used, at the end of each shift, or more frequently. Redirect or remove fans to prevent air from blowing directly from one worker to another. If fans are removed, employers should take steps to prevent heat hazards.

- **Screen employees for potential COVID-19 symptoms before they enter the workplace.** Consult with state and local health officials and occupational medicine professionals on screening procedures. Send employees with symptoms home immediately, encourage them to self-isolate at home (if possible), and contact a healthcare provider. Provide information on when they can return to work.

- **Promote proper hand hygiene.** Provide access to running water, soap, paper towels, and trash cans (no-touch trash cans if available). Have employees wash hands for at least 20 seconds. Place hand washing or hand sanitizer stations in multiple locations. Provide alcohol-based hand sanitizer that contains at least 60% alcohol.

- **Encourage sick employees to stay home.** Develop policies that allow sick employees to stay at home without loss of incentives. Ensure employees are aware of and understand these policies. Work with occupational medicine professionals to develop policies for workers who may be at increased risk related to COVID-19.

- **Encourage employees to practice social distancing.** Stagger break times and arrival and departure times. Place visual reminders (floor markings and signs) where employees might gather, including work areas, break areas, locker rooms, halls or corridors, and entrances and exit areas. Encourage employees to avoid carpooling to and from work. If carpooling is necessary, limit the number of people per vehicle as much as possible. This may require using more vehicles. Encourage employees in a shared van or car space to wear cloth face coverings.

- **Consider providing cloth face coverings and/or face shields.** Ensure face coverings are worn properly (snugly over the nose and mouth). Provide washable coverings with multiple layers of fabric. Replace when wet, dirty, or contaminated. Face coverings are not a substitute for recommended or required PPE such as respirators or medical facemasks. Train employees on how to put on and take off PPE without contaminating themselves. Clean and disinfect face shields after each shift if used. Make sure face shields extend past the chin and wrap around the sides of the face.

- **Educate and train employees and supervisors on how they can reduce the spread of COVID-19.** Cover topics like staying home when sick, social distancing, how to wear cloth face coverings, and proper hand hygiene. Provide materials in an easy to understand format and in appropriate languages. CDC has posters available for download.

DEPARTMENT OF HEALTH & HUMAN SERVICES·USA

CDC

cdc.gov/coronavirus

Respirator On / Respirator Off

When you put on a disposable respirator

Position your respirator correctly and check the seal to protect yourself from COVID-19.

Cup the respirator in your hand. Hold the respirator under your chin with the nose piece up. The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears.

Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

Place both hands over the respirator, take a quick breath in to check the seal. Breathe out. If you feel a leak when breathing in or breathing out, there is not a proper seal.
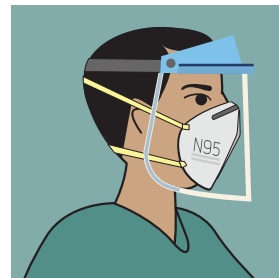
**Select other PPE items that do not interfere with the fit or performance of your respirator.**
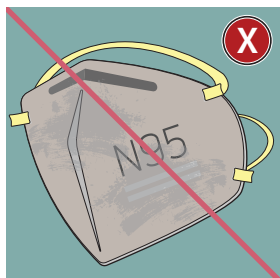
Do not use a respirator that appears damaged or deformed, no longer forms an effective seal to the face, becomes wet or visibly dirty, or if breathing becomes difficult.
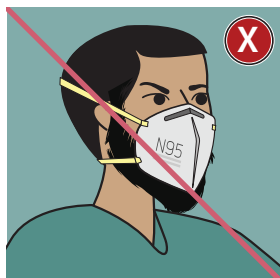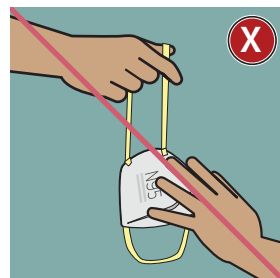
Do not allow facial hair, jewelry, glasses, clothing, or anything else to prevent proper placement or to come between your face and the respirator.
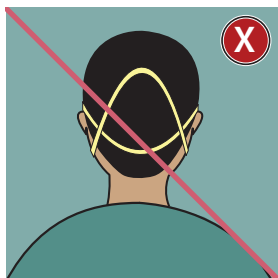
Do not crisscross the straps.
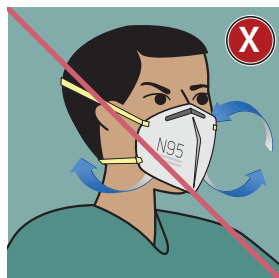
Do not wear a respirator that does not have a proper seal. If air leaks in or out, ask for help or try a different size or model.

Do not touch the front of the respirator during or after use! It may be contaminated.

When you take off a disposable respirator

Remove by pulling the bottom strap over back of head, followed by the top strap, without touching the respirator.

Discard in a waste container.

Clean your hands with alcohol-based hand sanitizer or soap and water.

Employers must comply with the OSHA Respiratory Protection Standard, 29 CFR 1910.134, which includes medical evaluations, training, and fit testing.
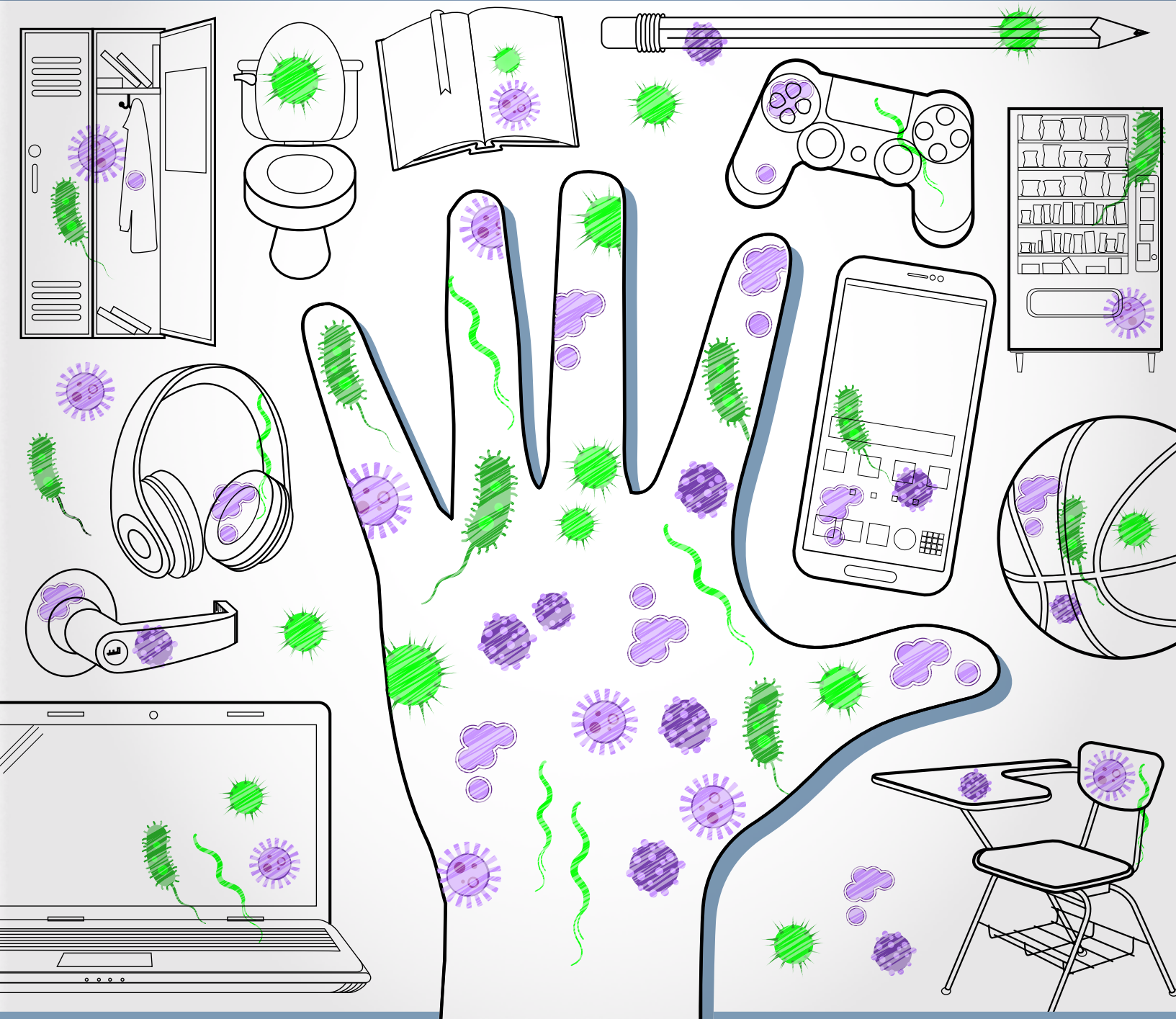
Additional information is available about how to safely put on and remove personal protective equipment, including respirators:
https://www.cdc.gov/coronavirus/2019-ncov/hcp/using-ppe.html

cdc.gov/coronavirus

GERMS
are all around you.

Stay healthy.
Wash your hands.

www.cdc.gov/handwashing

CS294906-F

Guidance for Large or Extended Families Living in the Same Household

Older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from coronavirus disease 2019 (COVID-19). **If your household includes people in these groups, then all family members should act as if they, themselves, are at higher risk.** This can be difficult if space is limited for large or extended families living together. The following information may help you protect those who are most vulnerable in your household.

This document explains how to:

- Protect the household when you leave for errands
- Protect household members at high risk for severe illness
- Protect children and others from getting sick
- Care for a household member who is sick
- Isolate a household member who is sick
- Eat meals together and feed a sick household member

How to protect the household when you must leave the house

Don't leave the household unless <u>absolutely necessary</u>!

For example, only leave if you must go to work, the grocery store, pharmacy, or medical appointments that cannot be delayed (such as for infants or for people with serious health conditions). Choose one or two family members who are not at higher risk for severe illness from COVID-19 to do the needed errands. **If you must leave the household, follow these nine tips:**

1. **Avoid crowds, including social gatherings of any size.**

2. **Keep at least 6 feet away from other people.**

3. **Wash your hands often.**

4. **Don't touch frequently touched surfaces in public areas, such as elevator buttons and handrails.**

5. **Don't use public transportation, such as the train or bus, if possible. If you must use public transportation,**
   - » Maintain 6 feet of distance from other passengers as much as possible.
   - » Avoid touching frequently touched surfaces such as handrails.
   - » Wash your hands or use hand sanitizer as soon as possible after leaving public transportation.

6. **Don't ride in a car with members of different households.**

7. **Wear a cloth face covering to help slow the spread of COVID-19.**
   - » Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. Information about the use of cloth face coverings is available at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.

cdc.gov/coronavirus

8. **Wash your hands immediately when you return home.**

9. **Maintain a physical distance between you and those at higher risk in your household.**
   For example, avoid hugging, kissing, or sharing food or drinks.

You can find more information about running essential errands at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html.

How to protect members of the household who are at higher risk for severe illness

Adults 65 or older and people who have serious underlying medical conditions are at highest risk of severe illness from COVID-19. **If your household includes people in these groups, then all family members should act as if they, themselves, are at higher risk.**

Here are seven ways to protect your household members.

1. **Stay home as much as possible.**

2. **Wash your hands often,** especially after you have been in a public place or after blowing your nose, coughing, or sneezing. Information on when and how to wash hands can be found here: www.cdc.gov/handwashing/when-how-handwashing.html.

3. **Use an alcohol-based hand sanitizer that contains at least 60% alcohol if you can't wash with soap and water.**
   » Place a dime-sized amount in your palm and rub your hands together, covering all parts of your hand, fingers, and nails until they feel dry.

4. **Don't touch your eyes, nose, and mouth with unwashed hands.**

5. **Cover your coughs and sneezes.**
   » If you cough or sneeze, cover your mouth and nose with a tissue or use the inside of your elbow.
   » Throw used tissues in the trash.
   » Immediately wash your hands.
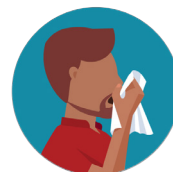
6. **Clean and then disinfect your home.**
   » Wear disposable gloves, if available.
   » Clean frequently touched surfaces daily with soap and water or other detergents. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
   » Then, use an EPA-registered disinfectant that is appropriate for the surface. Follow the instructions on the label for safe and effective use of the cleaning product. Disinfectants are chemicals that kill germs on surfaces.

   EPA-registered disinfectants are listed here: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

   More about cleaning and disinfecting can be found here: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html

7. **Don't have visitors unless they need to be in your home.**

You can find more information at www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html.

How to protect children and others from getting sick

Adults 65 years and older and people who have serious medical conditions should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, the children in their care should not have contact with individuals outside the household.

Follow these five tips to help protect children and others from getting sick.

1. **Teach children the same things everyone should do to stay healthy.** Children and other people can spread the virus even if they don't show symptoms. Learn more at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html.

2. **Don't let children have in-person playdates with children from other households.**

3. **Teach children who are playing outside to stay 6 feet away from anyone who is not in their own household.**

4. **Help children stay connected to their friends through video chats and phone calls.**

5. **Teach children to wash their hands.** Explain that hand washing can keep them healthy and stop the virus from spreading to others.

   » **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
   » **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
   » **Scrub** your hands for at least 20 seconds.
   » **Rinse** your hands well under clean, running water.
   » **Dry** your hands using a clean towel or air dry them.

You can find more information about caring for children at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html.

How to care for a household member who is sick

Most people who get sick with COVID-19 will have only mild illness and should stay at home to recover. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

If you are caring for someone who is sick at home, follow these six tips:

1. **Have the person stay in one room, away from other people, including yourself, as much as possible.**

2. **Have them use a separate bathroom, if possible.**

3. **Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:**

   » Trouble breathing
   » Persistent pain or pressure in the chest
   » New confusion
   » Inability to wake or stay awake
   » Bluish lips or face

   * This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

4. **Make sure the person with COVID-19 does the following:**

    » Drinks a lot of fluids to stay hydrated
    » Rests at home
    » Uses over-the-counter medicines to help with symptoms (after talking to their doctor)

    For most people, symptoms last a few days and they get better after a week.

5. **Have their doctor's phone number on hand, and call their doctor if the person with COVID-19 gets sicker.**

    If English is your second language, a household member should know how to ask for an interpreter.

6. **Call 911 for medical emergencies.** Tell the 911 operator that the patient has or is suspected to have COVID-19.

    If English is your second language, a household member should know how to ask for an interpreter.

    You can find more information about caring for someone who is sick at www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html.

How to isolate a sick household member when household space is limited

If you cannot provide a separate room and bathroom for a person who is sick with COVID-19, try to separate them from other household members. Try to create adequate separation within your household to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions).

Follow these ten tips when isolating a household member who is sick:

1. **Keep 6 feet between the person who is sick and other household members.**

2. **Cover coughs and sneezes; wash hands often; and don't touch your eyes, nose, and mouth.**

3. **Have the sick household member wear a cloth face covering when they are around other people at home and out (including before they enter a doctor's office).**
   The cloth face covering can be a scarf or bandana. But they should not be placed on children under age 2, anyone who has trouble breathing, or anyone who is not able to remove the covering without help. You can find more about cloth face coverings at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.

4. **Keep people at higher risk separated from anyone who is sick.**

5. **Have only one person in the household take care of the person who is sick.**
    This caregiver should be someone who is not at higher risk for severe illness.

    » The caregiver should clean where the sick person has been, as well as their bedding and laundry.
    » The caregiver should minimize contact with other people in the household, especially those who are at higher risk for severe illness.
    » Have a caregiver for the person who is sick and a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.
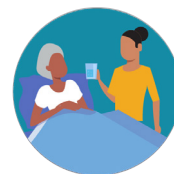
6. **Clean and disinfect surfaces, doorknobs, and other commonly touched surfaces** with EPA-registered disinfectants daily. Find a list here: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

7. **Limit visitors to those with an essential need to be in the home.**

8. **Don't share personal items like phones, dishes, bedding, or toys.**

9. **Try to do the following if you need to share a bedroom with someone who is sick:**
   - » Make sure the room has good air flow. Open a window and turn on a fan to bring in fresh air.
   - » Place beds at least 6 feet apart, if possible.
   - » Sleep head to toe.
   - » Put a curtain around or place another physical divider to separate the bed of the person who is sick from other beds. For example, you might use a shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread.

10. **Have the person who is sick clean and disinfect frequently touched surfaces in a shared bathroom.**

   If this is not possible, others who share the bathroom should wait as long as possible after the sick person uses the bathroom before entering it to clean and disinfect or to use the bathroom. Make sure the room has good air flow. Open a window and turn on a fan (if possible) to bring in and circulate fresh air.

How to eat meals together and feed a household member who is sick

If possible, make a plate for the sick household member to eat in the separate area they are staying in. If they cannot eat in the separate area they are staying in, they should stay at least 6 feet away from other members of the household during meals. Or, they should eat at a different time than others in the household.

Also, follow these seven tips:

1. **Don't help prepare food if you are sick.**

2. **Wash your hands for at least 20 seconds with soap and water before eating.** This includes everyone in the household!

3. **Use clean utensils when placing food on every household member's plate.**

4. **Don't eat from the same dishes or use the same utensils as someone else in the household.**

5. **Wear gloves to handle dishes, drinking glasses, and utensils (food service items), if possible.** Also, wash these non-disposable items with hot water and soap or in a dishwasher after you use them.
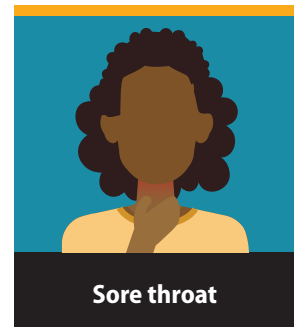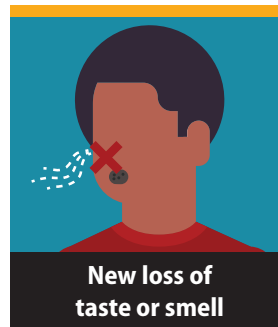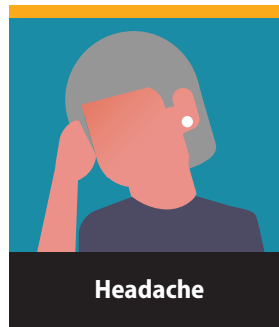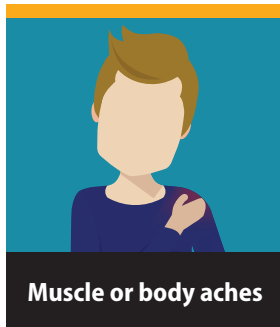
6. **Have only one person bring food to the sick person and clean-up the sick person's food service items.** This should be someone who is not at higher risk for severe illness.

7. **Wash your hands after handling used food service items.**

Please read before entering.

IF YOU HAVE

Fever or Chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea
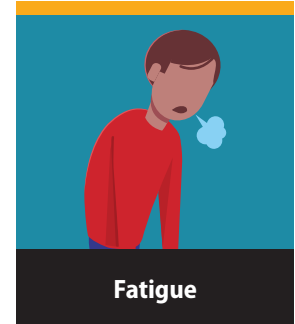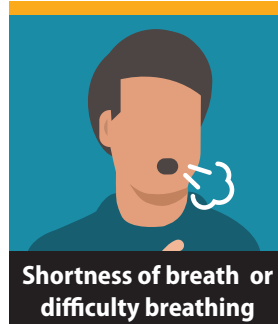
Please call our office before coming inside.
Clinic Phone # _____

The clinic staff may ask you to wear a mask or use tissues to cover your cough.

Thank you for helping us keep our patients and staff safe.

CDC

cdc.gov/coronavirus

CS 317503-A   06/11/2020

How to Protect Yourself and Others

Print Resources Web Page: https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html

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

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.

तपाईं बिरामी हुनुहुन्छ भने COVID-19 को फैलावलाई रोक्नुहोस्

पहुँचयोग्य संस्करण: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

तपाईं COVID-19 को बिरामी हुनुहुन्छ वा तपाईंलाई COVID-19 हुन सक्छ भन्ने लाग्छ भने, आफ्नो घर र समुदायमा भएका अन्य मानिसहरूलाई सुरक्षित राख्नमा मद्दत गर्नको लागि निम्न कदमहरूको पालना गर्नुहोस्।

चिकित्सा स्याहार प्राप्त गर्दा बाहेक घरमै बस्नुहोस्।

- **घरमा बस्नुहोस्।** COVID-19 लागेका धेरैजसो मानिसहरूलाई सामान्य बिमारी हुन्छ र चिकित्सकीय स्याहार बिना घरमै बसेर स्वस्थ हुन सक्छन्। चिकित्सा स्याहार प्राप्त गर्दा बाहेक आफ्नो घरबाट बाहिर नजानुहोस्। सार्वजनिक क्षेत्रहरूमा नजानुहोस्।

- **आफ्नो ख्याल राख्नुहोस्।** आराम गर्नुहोस् र प्रशस्त मात्रामा पानी पिउनुहोस्।

- **आवश्यक हुँदा चिकित्सा स्याहार प्राप्त गर्नुहोस्।** तपाईं स्याहारको लागि आफ्नो चिकित्सकको कार्यालयमा जानुअघि उहाँलाई फोन गर्नुहोस्। तर, तपाईंलाई श्वासप्रश्वासमा कठिनाइ वा अन्य सम्बन्धित लक्षणहरू भएमा, तत्कालै मद्दतको लागि 911 मा फोन गर्नुहोस्।

- **सार्वजनिक यातायात,** राइड-शेयर वा ट्याक्सीहरूमा यात्रा नगर्नुहोस्।

तपाईंको घरमा आफूलाई अन्य मानिस र जनावरहरूबाट अलग गर्नुहोस्।

- **सम्भव भएसम्म, विशिष्ट कोठामा बस्नुहोस्** र आफ्नो घरका अन्य मानिस र जनावरहरूबाट टाढा रहनुहोस्। साथै, उपलब्ध भएमा, तपाईंले अलग बाथरूम प्रयोग गर्नुपर्छ। तपाईंलाई घरमा वा बाहिर अन्य मानिस वा जनावरहरूको नजिक हुन आवश्यक परेमा, अनुहार ढाक्ने प्रकारको कपडा लगाउनुहोस्।

    - तपाईंसँग घरपालुवा जनावरहरू बारे प्रश्नहरू भएमा COVID-19 र जनावरहरूमा हेर्नुहोस्: https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals

आफ्ना लक्षणहरू निरीक्षण गर्नुहोस्।

- **COVID-19 का सामान्य लक्षणहरूमा ज्वरो र खोकी समावेश हुन्छन्।** श्वासप्रश्वासमा कठिनाइ हुनु भनेको एकदमै गम्भीर लक्षण हो जसको अर्थ तपाईंले चिकित्सा स्याहार प्राप्त गर्नुपर्छ।

- **आफ्नो स्वास्थ्य सेवा प्रदायक र स्थानीय स्वास्थ्य विभागको स्याहार निर्देशनहरूको पालना गर्नुहोस्।** तपाईंका स्थानीय स्वास्थ्य अधिकारीहरूले तपाईंका लक्षणहरू जाँच्ने र जानकारी रिपोर्ट गर्ने बारेमा निर्देशनहरू दिनुहुनेछ।

तपाईंमा COVID-19 का **आपतकालीन चेतावनी संकेतहरू** देखिँदै गएमा तुरून्तै **चिकित्सा सावधानी अपनाउनुहोस्।**

आपतकालीन चेतावनीका संकेतहरूमा निम्न समावेश हुन्छन्*:

- श्वासप्रश्वासमा कठिनाइ
- छातीमा निरन्तर दुखाइ वा चाप हुने
- नयाँ भ्रम हुने वा उठ्न नसक्ने
- ओठ वा अनुहार निलो हुने

*यो सूचीमा सबै समाविष्ट छैन। कृपया अन्य कुनै पनि लक्षण गम्भीर भएमा वा तपाईंसँग सम्बन्धित कुराको लागि आफ्नो चिकित्सा प्रदायकको परामर्श लिनुहोस्।

तपाईंलाई चिकित्सा आपतकालीन अवस्था आवश्यक परेमा 911 मा फोन गर्नुहोस्। तपाईंलाई चिकित्सा आपतकालीन अवस्था छ र 911 मा फोन गर्न आवश्यक परेमा, तपाईंलाई COVID-19 भएको छ वा हुन सक्छ भनी अपरेटरलाई सूचित गराउनुहोस्। सम्भव भएमा, चिकित्सा सहायता आइपुग्नुअघि अनुहारमा लगाउने मास्क लगाउनुहोस्।

आफ्नो चिकित्सकलाई भेट्नुअघि फोन गर्नुहोस्।

- **अगाडि फोन गर्नुहोस्।** नियमित स्याहारको लागि धेरैजसो चिकित्सा भेटहरू स्थगित गरिएका छन् वा फोन वा टेलिमेडिसिनद्वारा गरिएका छन्।

- **तपाईंको स्थगित गर्न नसकिने चिकित्सा अपोइन्टमेन्ट भएमा, आफ्नो चिकित्सकको कार्यालयमा फोन गर्नुहोस्।** यसले कार्यालयलाई आफै र अन्य बिरामीहरूलाई सुरक्षित राख्न मद्दत गर्नेछ।

तपाईं बिरामी हुनुहुन्छ भने, नाक र मुख ढाक्ने कपडा लगाउनुहोस्।

- **तपाईं अनिवार्य रूपमा (घरमा पनि) जनावरहरू सहित अन्य व्यक्ति वा जनावरहरूको वरिपरि हुनुपरेमा** तपाईंले आफ्नो नाक र मुखमा ढाक्ने कपडा लगाउनुपर्छ।

- तपाईं एक्लै भएमा तपाईंले अनुहार ढाक्ने कपडा लगाउनुपर्दैन। तपाईंले (श्वासप्रश्वासमा कठिनाइ हुने भएकोले) अनुहार ढाक्ने कपडा लगाउन सक्नुहुन्न भने, आफ्नो खोकी र हाच्छिउँलाई केही अन्य तरिकाले ढाक्नुहोस्। अन्य मानिसहरूबाट कम्तीमा 6 फिट टाढा रहने प्रयास गर्नुहोस्। यसले तपाईंको वरिपरि भएका मानिसलाई सुरक्षित राख्नमा मद्दत गर्नेछ।

नोट: COVID-19 को महामारीको अवधिमा, स्वास्थ्य सेवा कर्मचारी र केही प्रथम प्रतिक्रिया जनाउने व्यक्तिहरूको लागि चिकित्सा ग्रेडका फेसमास्कहरू सुरक्षित गरिन्छ। तपाईंले स्कार्फ वा बन्दना प्रयोग गरेर अनुहार ढाक्ने कपडा बनाउन आवश्यक पर्न सक्छ।

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Prevent the spread of COVID-19 if you are sick

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

- **Avoid public transportation,** ride-sharing, or taxis.

Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

  - See **COVID-19 and Animals if you have questions about pets:** https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals
  - Additional guidance is available for those **living in close quarters.** (https://www.cdc.gov/coronavirus/2019-hj ncov/daily-life-coping/living-in-close-quarters.html) and **shared housing** (https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html).

Monitor your symptoms.

- **Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.**

- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.

When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.

- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19.

If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).

- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.

- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.

Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.

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Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.

- **Throw used tissues** in a lined trash can.

- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

- **Soap and water are the best option**, especially if your hands are visibly dirty.

- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.

Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.

- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a cloth face covering and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.

  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.

  - Most EPA-registered household disinfectants should be effective.

When you can be around others after you had or likely had COVID-19

When you can be around others (end home isolation) depends on different factors for different situations.
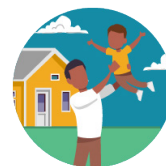
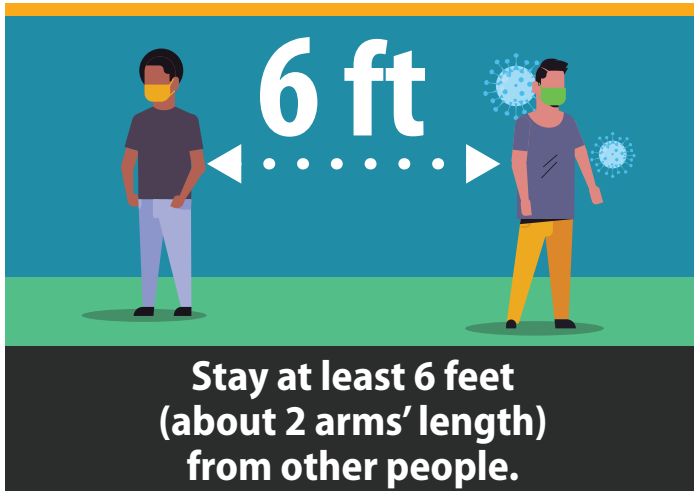- I **think or know I had COVID-19, and I had symptoms**

  - You can be with others after
    - 3 days with no fever

      AND

    - symptoms improved

      AND

    - 10 days since symptoms first appeared

  - Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

- **I tested positive for COVID-19 but had no symptoms**

  - If you continue to have no symptoms, you can be with others after:
    - 10 days have passed since test

  - Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

  - If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

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Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

6 ft

Stay at least 6 feet (about 2 arms' length) from other people.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

When in public, wear a cloth face covering over your nose and mouth.

Do not touch your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

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What Your Test Results Mean

If you test positive for COVID-19

TAKE STEPS TO HELP **PREVENT THE SPREAD** OF COVID-19

STAY HOME.
Do not leave your home, except to get medical care. Do not visit public areas.

STAY IN TOUCH WITH YOUR DOCTOR.

GET REST AND STAY HYDRATED.
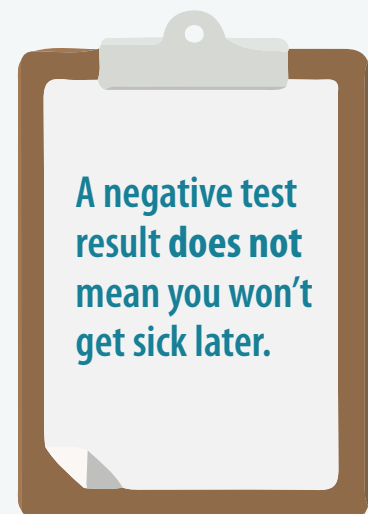Take over-the-counter medicines, such as acetaminophen, to help you feel better.

SEPARATE YOURSELF FROM OTHER PEOPLE.
As much as possible, stay in a specific room and away from other people and pets in your home.

If you test negative for COVID-19

- You probably were not infected at the time your sample was collected.

- However, **that does not mean you will not get sick**.

- It is possible that you were very early in your infection when your sample was collected and that **you could test positive later**.

A negative test result does not mean you won't get sick later.

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