

RECOMMENDATIONS FOR EVERYONE:

- Create a Household Plan
- Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
- Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
- Establish ways to communicate with others (e.g., family, friends, co-workers).
- Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.
- Limit movement in the community
- Limit visitors

Symptoms of Coronavirus:

Fever
Cough
Sneezing

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

Use a hand sanitizer that contains at least 60% alcohol.

Avoid touching your eyes, nose, and mouth

Put 6 feet distance between yourself and other people

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.

You do not need to wear a face mask unless you are caring for someone who is sick or you are sick

Clean AND disinfect frequently touched surfaces daily. This includes tables, door-knobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

While some children and infants have been sick with COVID-19, adults make up most of the known cases to date

Children with confirmed COVID-19 have generally presented with mild symptoms.

Currently there is no evidence to support transmission of COVID-19 associated with imported goods and there have not been any cases of COVID-19 in the United States associated with imported goods

For COVID-19, a negative test result for a sample collected while a person has symptoms likely means that the COVID-19 virus is not causing their current illness.

WHO SHOULD HAVE COVID-19 TESTING:

- hospitalized with suspected COVID-19
- older adults(65 or older) with suspected COVID-19
- individuals with high risk conditions(for instance diabetes, heart disease, chronic lung disease, chronic kidney disease, receiving immunosuppressive medications) with suspected COVID-18
- individual who within 14 days of symptom onset had close contact with a confirmed or suspected COVID-19 patient
- individual who within 14 days of symptom onset traveled from an affected geographic area(for instance China, Iran, Italy, Japan, or South Korea)

Bottom line-to get tested you at least need symptoms like fever, cough, and or sneezing

RECOMMENDATIONS IF YOU ARE SICK:

You can get sick 2 - 14days after exposed to COVID-19

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

Use a separate room and bathroom for sick household members (if possible).

Avoid sharing personal items like utensils, food, and drinks.

People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.

What To Do if You Are Sick;

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough, sneezing.

- If you develop EMERGENCY WARNING SIGNS for COVID-19 get medical attention immediately. In adults, emergency warning signs*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face
- *This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.
- Wear a face mask if you are sick. If you are not able to wear a face mask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes and maintain 6 feet between you and others.

People who are caring for you should wear a face mask if they enter your room

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a face mask before medical help arrives.

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.

IF CARING FOR A COVID-19 PATIENT:

Wear disposable gloves when handling dirty laundry from an ill person and then discard after each use

Wear a mask and disposable gloves when in contact with the patient

PEOPLE WITH COVID-19 OR SUSPECTED COVID-10 with symptoms WHO HAVE STAYED HOME CAN STOP HOME ISOLATION UNDER THE FOLLOWING CONDITIONS:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
- other symptoms have improved (for example, when your cough or shortness of breath have improved)
- at least 7 days have passed since your symptoms first appeared OR you received two negative tests in a row, 24 hours apart.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

Isolation means separating a person with a contagious disease (COVID-19) from others to prevent spread of the disease

PEOPLE WHO HAVE BEEN EXPOSED TO COVID-19 AND DID NOT GET COVID-19 CAN STOP HOME QUARANTINE UNDER THE FOLLOWING CONDITIONS:

14 days from the last date of exposure and have not developed the contagious disease

Quarantine means separating a person or group of people who have been exposed to a contagious disease (COVID-19) but have not developed illness (symptoms) from others who have not been exposed, in order to prevent the possible spread of that disease.

PEOPLE WITH POSITIVE COVID-19 LAB TESTS AND DID NOT DEVELOP THE DISEASE CAN STOP HOME ISOLATION UNDER THE FOLLOWING CONDITIONS:

At least 7 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA

15 Days to Slow the Spread

- Listen to and follow the directions of your STATE AND LOCAL AUTHORITIES.
- IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.
- IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.
- IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.
- IF YOU ARE AN OLDER PERSON, stay home and away from other people.
- IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

Do Your Part to Slow the Spread of the Coronavirus

- Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.
- Work or engage in schooling FROM HOME whenever possible.
- IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.
- AVOID SOCIAL GATHERINGS in groups of more than 10 people.
- Avoid eating or drinking at bars, restaurants and food courts - USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.
- AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.
- DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.
- PRACTICE GOOD HYGIENE:
- Wash your hands especially after touching any frequently used item or surface
- Avoid touching your face
- Sneeze or cough into a tissue, or the inside of your elbow
- Disinfect frequently used items and surfaces as much as possible

THE ABOVE INFORMATION IS:

-NOT ALL INCLUSIVE

-MAY CHANGE AS WE LEARN MORE ABOUT COVID-19

-IS SUBJECT TO INTERPRETATION