

Coronavirus Disease 2019 (COVID-19) In-A-Page

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 through respiratory droplets produced when an infected person coughs or sneezes. Close contacts within about 6 feet are at highest risk for exposure.

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.
- Put **distance between yourself and other people**. Older persons should stay home and avoid other people. This is especially important for people who are at higher risk of getting very sick such as individuals with serious underlying health conditions that weaken the immune system including lung and heart disease.

Cover Coughs and Sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- 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.

Wear a Facemask

- **If sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

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

Help to Stop the Spread of COVID-19

- **If you or your child is sick, STAY HOME and contact your medical provider.** Do not leave, except to get medical care. Do not visit public areas. Do not participate in social gatherings. Avoid discretionary travel, shopping trips and social visits.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency. If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.
- **Stay away from others:** As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

***** 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. Avoid all discretionary travel, shopping trips and social visits. Contact your medical provider *****