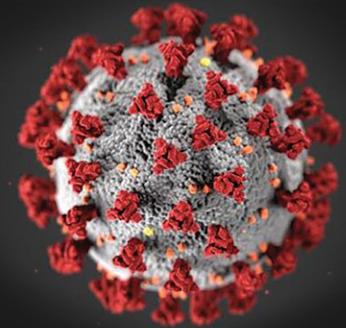


# Steps for Preventing the Spread of Coronavirus (COVID-19)



Information provided by the Center for Disease Control (CDC).  
For more information, please visit [www.cdc.com/coronavirus](http://www.cdc.com/coronavirus).

## STAY HOME EXCEPT TO GET MEDICAL CARE

People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride sharing, or taxis.

## SEPARATE YOURSELF FROM OTHER PEOPLE AND ANIMALS IN YOUR HOME

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a face mask.

## CALL AHEAD BEFORE VISITING YOUR DOCTOR

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## WEAR A FACE MASK (IF COUGHING OR HAVING DIFFICULTY BREATHING)

If you are coughing or having difficulty breathing, you should wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a face mask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a face mask if they enter your room.

## 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 or, 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, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily 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 if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## **AVOID SHARING PERSONAL HOUSEHOLD ITEMS**

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## **CLEAN ALL "HIGH-TOUCH" SURFACES EVERYDAY**

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## **MONITOR YOUR SYMPTOMS**

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a face mask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

## **EMERGENCY SITUATIONS**

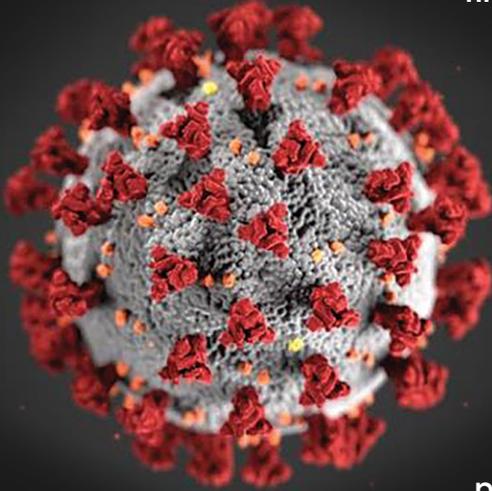
If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a face mask before emergency medical services arrive.

## **DISCONTINUING HOME ISOLATION**

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

# What is Coronavirus?

COVID-19 is a respiratory illness caused by a Coronavirus first detected in Wuhan, China that has spread across 33 countries, including the United States.



## WHAT ARE THE SYMPTOMS?

Early symptoms can be similar to the flu, including fever, cough and shortness of breath and may appear as few as two days and in as long as 14 days after exposure.

However, not everyone with fever and a cough needs to be tested for COVID-19. Healthcare providers will determine if you should be tested based on the severity of your symptoms.

## HOW DOES IT SPREAD?

COVID-19 is spread through:

- Direct contact with an infected person
- Droplets (sneezing or coughing) from an infected person
- Contact with items and belongings of an infected person

*For more information, visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).*

## HOW CAN I AVOID CATCHING IT AND PREVENT SPREADING IT?

While there is no vaccine to prevent COVID-19, the best ways we can prevent illness are:

- Frequent hand washing with soap and water
- Not touching your eyes, nose and mouth
- Staying home when sick



Wearing a face mask will not decrease your chance of getting COVID-19 and should only be worn by those with symptoms or by healthcare workers.