



COVID-19 Prevention Guide

We all have a part to play in preventing the spread of COVID-19.
Make sure you are regularly practicing these healthy habits.

Healthy Habits to Prevent COVID-19



Avoid close contact



Cover your nose and mouth



Stay home when you are sick



Clean your hands



Avoid touching your eyes, nose or mouth



Practice other good health habits



Follow CDC's recommendation **for using a facemask**

Keeping Commercial Establishments Safe



PRACTICE GOOD HYGIENE

- Stop handshaking—use other noncontact methods of greeting
- Clean hands at the door and remind employees to regularly wash their hands
- Promote tap and pay to limit handling of cash
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly



AVOID CROWDING

- Use booking and scheduling to stagger customer flow
- Use online transactions where possible



FOR TRANSPORTATION BUSINESSES, TAXIS, AND RIDE SHARES

- Keep windows open when possible
- Increase ventilation
- Regularly disinfect surfaces

What every American and community can do now to decrease the spread of coronavirus

Keeping the Home Safe



PRACTICE GOOD HYGIENE

- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning



HOUSEHOLDS WITH VULNERABLE SENIORS OR THOSE WITH SIGNIFICANT UNDERLYING CONDITIONS

Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly



HOUSEHOLDS WITH SICK FAMILY MEMBERS

- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

Keeping School Safe



PRACTICE GOOD HYGIENE

- Stop handshaking—use other noncontact methods of greeting
- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning



CONSIDER REARRANGING LARGE ACTIVITIES AND GATHERINGS

- Consider adjusting or postponing gatherings that mix between classes and grades
- Adjust after-school arrangements to avoid mixing between classes and grades
- When possible, hold classes outdoors or in open, well-ventilated spaces



HANDLE FOOD CAREFULLY

- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene



STAY HOME IF...

- They are feeling sick
- They have a sick family member in their home

What every American and community can do now to decrease the spread of coronavirus

Keeping the Workplace Safe



PRACTICE GOOD HYGIENE

- Stop handshaking—use other noncontact methods of greeting
- Clean hands at the door and remind employees to regularly wash their hands
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly



BE CAREFUL WITH MEETINGS AND TRAVEL

- Use video conferencing for meetings when possible
- Assess the risk of business travel



HANDLE FOOD CAREFULLY

- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene



STAY HOME IF...

- They are feeling sick
- They have a sick family member in their home

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WHAT SHOULD I DO IF I GET SICK?

- **Stay home and avoid contact with other people** as much as possible except to seek medical care.
 - **Separate yourself from other people and animals** in your home.
 - **Call ahead** before visiting your doctor.
 - **Wear a facemask, cover your coughs and sneezes, and clean your hands often.**
 - **Avoid sharing personal household items.** Clean all “high-touch” surfaces every day.
 - **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 may have, or are being evaluated for, the coronavirus. Put on a facemask before you enter the facility. 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.
 - **Patients with confirmed coronavirus 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.
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Shop local. We're in this together.

Local businesses need your support now more than ever.



Get it to go. Order from your local restaurants and bars via delivery service, to-go, or curbside pickup.



Shop small online. Websites haven't closed and it's important to leave positive reviews for local vendors and businesses.



Buy in advance. Purchase gift cards or book services from local businesses to use at a future date.



Stay looped in. Keep up with your memberships, and with services that are still offered online.



Follow along. Your favorite local businesses are online and sharing specific ways you can support them.



Say thank you. Many business owners and workers are risking their health to provide critical products and services. Be thankful.