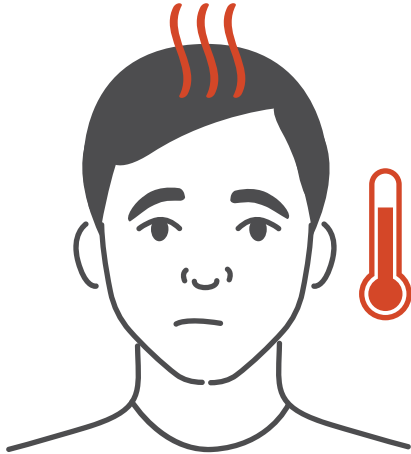


## PLEASE DO YOUR PART!

**All employees and customers must follow these guidelines.**

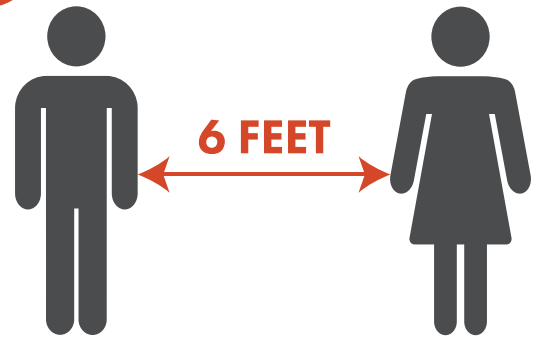
**1**



### **Not feeling well?**

If you have a cough or fever, you should **NOT** enter this facility.

**2**



### **Practice social distancing.**

Always stay at least 6 feet apart from anyone outside of your group.

**3**



### **Wash your hands often.**

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

**4**



### **Limit unnecessary contact.**

Refrain from touching others. This includes hugging and shaking hands.

# How to Protect Yourself and Others

## 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

---



- **Stay home if you are sick.**
- **Avoid close contact** with people who are sick.
- **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](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html)



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## Cover your mouth and nose with a cloth face cover when around others

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- **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](https://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.
- **Then, use a household disinfectant.** You can see a list of [EPA-registered household disinfectants here](#).



# Coronavirus Disease 2019 (COVID-19)

## Symptoms of Coronavirus

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

### Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

[Children](#) have similar symptoms to adults and generally have mild illness.

This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.



### Self-Checker

A guide to help you make decisions and seek appropriate medical care.

### When to Seek Medical Attention

If you have any of these **emergency warning signs\*** for COVID-19 get **medical attention immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- 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.

**Call 911 if you have a medical emergency:** Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

## Caring for yourself or others

- Learn [how to protect yourself](#)

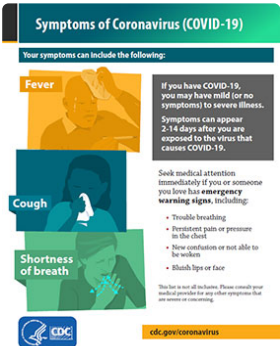
- How to care for someone who is sick
- What to do if you are sick

## Printable Flyers



### Stop the spread of germs

- English  [1 page]
- Spanish  [1 page]
- Chinese  [1 page]
- Korean  [1 page]
- Vietnamese  [1 page]



### If you are sick

- English  [1 page]
- Spanish  [1 page]
- Chinese  [1 page]
- Korean  [1 page]
- Vietnamese  [1 page]

## Symptoms of COVID-19

## Symptoms of COVID-19: ASL

## More Information

Older Adults

Travelers

People at Higher Risk for Severe Illness

Healthcare Professionals



# Coronavirus Disease 2019 (COVID-19)

## How to Protect Yourself & Others

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing serious complications from COVID-19 illness. More information on [Are you at higher risk for serious illness?](#)



### 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



### Wash 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, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
  - Remember that some people without symptoms may be able to spread virus.
  - [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
  - Do not gather in groups.
  - Stay out of crowded places and avoid mass gatherings.
  - Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).



### Cover your mouth and nose with a cloth face cover when around others

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.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common [EPA-registered household disinfectants](#) [↗](#) will work.

Handwashing Resources



Handwashing tips



Hand Hygiene in Healthcare Settings

More information

[Symptoms](#)

[Individuals, schools, events, businesses and more](#)

[What to do if you are sick](#)

[Healthcare Professionals](#)

[If someone in your house gets sick](#)

[6 Steps to Prevent COVID-19](#)

[Frequently asked questions](#)

[6 Steps to Prevent COVID-19 \(ASL Version\)](#)

Travelers

Social Distancing (ASL Video)

ASL Video Series: What You Need to Know About Handwashing

Page last reviewed: April 24, 2020



# Coronavirus Disease 2019 (COVID-19)

## What to Do If You Are Sick

If you have a fever, cough or [other symptoms](#), you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider immediately.

- Keep track of your symptoms.
- If you have [an emergency warning sign](#) (including trouble breathing), get medical attention right away.



### Self-Checker

A guide to help you make decisions and seek appropriate medical care

## Steps to help prevent the spread of COVID-19 if you are sick

Follow the steps below: [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 can 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

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

- Additional guidance is available for those living in [close quarters](#) and [shared housing](#).
- See [COVID-19 and Animals](#) if you have questions about pets.



### Monitor your symptoms

- [Symptoms](#) of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well. Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities may give instructions on checking your symptoms and reporting information.

## When to Seek Medical Attention

If you have any of these **emergency warning signs\*** for COVID-19 get **medical attention immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- 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.

**Call 911 if you have a medical emergency:** Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.



## 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. This will help the office protect themselves and other patients.



## 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.



## Cover your coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw away 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 hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands

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

- [Handwashing Tips](#)



## 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 in the dishwasher.



## Clean all “high-touch” surfaces everyday

- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- **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 mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use 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. A full list of disinfectants can be found [here](#) .
  - [Complete Disinfection Guidance](#)



## How to discontinue home isolation

People with COVID-19 who have stayed home (home isolated) can leave home under the following conditions\*\*:

- **If you have not had a test** to determine if you are still contagious, you can leave home after these three things have happened:
  - You have had no fever for at least 72 hours (that is three full days of no fever **without** the use of medicine that reduces fevers)
  - AND**
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)
  - AND**
  - at least 10 days have passed since your symptoms first appeared
- **If you have had a test** to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (**without** the use of medicine that reduces fevers)  
**AND**
- other symptoms have improved (for example, when your cough or shortness of breath have improved)  
**AND**
- you received two negative tests in a row, at least 24 hours apart. Your doctor will follow [CDC guidelines](#).

**People who DID NOT have COVID-19 symptoms, but tested positive and have stayed home (home isolated) can leave home under the following conditions\*\*:**

- **If you have not had a test** to determine if you are still contagious, you can leave home after these two things have happened:
  - At least 10 days have passed since the date of your first positive test  
**AND**
  - you continue to have no symptoms (no cough or shortness of breath) since the test.
- **If you have had a test** to determine if you are still contagious, you can leave home after:
  - You received two negative tests in a row, at least 24 hours apart. Your doctor will follow [CDC guidelines](#).

Note: if you develop symptoms, follow guidance above for people with COVID19 symptoms.

\*\*In all cases, **follow the guidance of your doctor 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. Some people, for example those with conditions that [weaken their immune system](#), might continue to shed virus even after they recover.

[Find more information on when to end home isolation.](#)

**For any additional questions about your care,** contact your healthcare provider or state or local health department.



## For healthcare professionals



**There is no specific antiviral treatment** recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

- [Evaluating and Testing Patients for COVID-19](#)
- [Infection Prevention and Control in Healthcare Settings](#)
- [Discontinuing Isolation Guidance](#)

## Print Resources

### Caring for yourself at home: 10 things to manage your health

What you can do if you have possible or confirmed COVID-19:

- [English](#)  [1 page]
- [Spanish](#) 

- Chinese
- Vietnamese
- Korean

10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

1. Stay home from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ride-sharing, or taxis.

2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.

3. Get rest and stay hydrated.

4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.

6. Cover your cough and sneezes.

7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

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

9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.

10. Clean all surfaces that are touched often, like counters, tables, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

cdc.gov/coronavirus

More information

Travelers

Households

People Who Need Extra Precautions

People Who Are Sick

Caregivers

Schools

Businesses

Healthcare Professionals

Health Departments

Laboratories

ASL Video Series: Use the Coronavirus Self Checker

Page last reviewed: May 6, 2020

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

5/5



# Coronavirus Disease 2019 (COVID-19)

## Caring for Someone Sick at Home

or other non-healthcare settings

### Advice for caregivers

If you are caring for someone with COVID-19 at home or in a non-healthcare setting, follow this advice to protect yourself and others. Learn what to do when someone has [symptoms](#) of COVID-19, or when someone has been diagnosed with the virus. This information also should be followed when caring for people who have tested positive but are not showing symptoms.

**\*Note:** *Older adults and people of any age with serious underlying medical conditions are at higher risk for developing more severe illness from COVID-19. People at higher risk of severe illness should call their doctor as soon as symptoms start.*



#### Provide support and help cover basic needs

- Help the person who is sick follow their doctor's instructions for care and medicine.
  - For *most* people, symptoms last a few days, and people usually feel better after a week.
- See if over-the-counter medicines for fever, such as acetaminophen (sometimes called Tylenol), help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.



#### Watch for warning signs

- Have their doctor's phone number on hand.
- [Use CDC's self-checker tool to help you make decisions about seeking appropriate medical care.](#)
- Call their doctor if the person keeps getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.
- People who have **emergency warning signs** for COVID-19 should **call 911 right away**. Emergency warning signs include\*:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to wake up
  - Bluish lips or face

\*This is not every emergency symptom or sign.

## Protect yourself when caring for someone who is sick



#### Limit contact

COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs or sneezes.



- The **caregiver**, when possible, **should not be someone who is at [higher risk for severe illness from COVID-19](#)**.
- **Use a separate bedroom and bathroom.** If possible, have the person who is sick stay in their own “sick room” or area and away from others. If possible, have the person who is sick use a separate bathroom.
- **Shared space:** If you have to share space, make sure the room has good air flow.
  - Open the window and turn on a fan (if possible) to increase air circulation.
  - Improving ventilation helps remove respiratory droplets from the air.
- **Avoid having visitors.** Avoid having any unnecessary visitors, especially visits by [people who are at higher risk for severe illness](#).



## Eat in separate rooms or areas

- **Stay separated:** The person who is sick should eat (or be fed) in their room, if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves. Wash them with soap and hot water or in a dishwasher.
- [Clean hands](#) after taking off gloves or handling used items.



## Avoid sharing personal items

- **Do not share:** Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.



## When to wear a cloth face cover or gloves

- **Sick person:**
  - The person who is sick should 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 helps prevent a person who is sick from spreading the virus to others. It keeps respiratory droplets contained and from reaching other people.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.
- **Caregiver:**
  - Wear gloves when you touch or have contact with the sick person’s blood, stool, or body fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into a lined trash can and wash hands right away.
  - The caregiver should ask the sick person to put on a [cloth face covering](#) before entering the room.
  - The caregiver may also wear a [cloth face covering](#) when caring for a person who is sick.
    - To prevent getting sick, make sure you practice [everyday preventive actions](#): clean hands often; avoid touching your eyes, nose, and mouth with unwashed hands; and frequently clean and disinfect surfaces.

**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. [Learn more here](#).



## Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. Tell everyone in the home to do the same, especially after being near the person who is sick.
- **Hand sanitizer:** 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.

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

### Handwashing tips



## Clean and then disinfect

### Around the house

- **Clean and disinfect “high-touch” surfaces and items every day:** This includes tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.
- Clean the area or item with **soap and water** 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 kill germs. Many also recommend wearing gloves, making sure you have good air flow, and wiping or rinsing off the product after use.
  - Most household disinfectants should be effective. **A list of EPA-registered disinfectants can be found [here](#)** .
  - **To clean electronics,** follow the manufacturer’s instructions for all cleaning and disinfection products. If those directions are not available, use alcohol-based wipes or spray containing at least 70% alcohol.
  - **Learn more [here](#)**

### Bedroom and Bathroom

- **If you are using a separate bedroom and bathroom:** Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the sick person.
  - If they feel up to it, the person who is sick can clean their own space. Give the person who is sick **personal cleaning supplies** such as tissues, paper towels, cleaners, and [EPA-registered disinfectants](#) .
- **If sharing a bathroom:** The person who is sick should clean and then disinfect after each use. If this is not possible, wear a mask and wait as long as possible after the sick person has used the bathroom before coming in to clean and use the bathroom.



## Wash and dry laundry

- Do not shake dirty laundry.
- Wear disposable gloves while handling dirty laundry.
- Dirty laundry from a person who is sick can be washed with other people’s items.
- Wash items according to the label instructions. Use the warmest water setting you can.
- Remove gloves, and wash hands right away.
- Dry laundry, on hot if possible, completely.
- Wash hands after putting clothes in the dryer.
- Clean and disinfect clothes hampers. Wash hands afterwards.



## Use lined trash can

- Place used disposable gloves and other contaminated items in a lined trash can.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can.
- **If possible, dedicate a lined trash can for the person who is sick**



If possible, dedicate a lined trash can for the person who is sick.



## Track your own health

- Caregivers and close contacts should monitor their health for COVID-19 symptoms.
  - [Symptoms](#) include fever, cough, and shortness of breath but other symptoms may be present as well. Trouble breathing is a more serious warning sign that you need medical attention.
- Use [CDC's self-checker tool to help you make decisions about seeking appropriate medical care.](#)
- If you are having trouble breathing, call 911.
  - Call your doctor or emergency room and tell them your symptoms before going in. They will tell you what to do.

## How to discontinue home isolation



People with COVID-19 who have stayed home (home isolated) can leave home under the following conditions\*\*:

- If they have not had a test to determine if they are still contagious, they can leave home after these three things have happened:
  - They have had no fever for at least 72 hours (that is three full days of no fever **without** the use of medicine that reduces fevers)
  - AND
  - other symptoms have improved (for example, symptoms of cough or shortness of breath have improved)
  - AND
  - at least 10 days have passed since their symptoms first appeared
- If they have had a test to determine if they are still contagious, they can leave home after these three things have happened:
  - They no longer have a fever (**without** the use of medicine that reduces fevers)
  - AND
  - other symptoms have improved (for example, symptoms of cough or shortness of breath have improved)
  - AND
  - they have received two negative tests in a row, at least 24 hours apart. Their doctor will follow [CDC guidelines](#).

People who DID NOT have COVID-19 symptoms, but tested positive and have stayed home (home isolated) can leave home under the following conditions\*\*:

- If they have not had a test to determine if they are still contagious, they can leave home after these two things have happened:
  - At least 10 days have passed since the date of their first positive test
  - AND
  - they continue to have no symptoms (no cough or shortness of breath) since the test.
- If they have had a test to determine if they are still contagious, they can leave home after:
  - They have received two negative tests in a row, at least 24 hours apart. Their doctor will follow [CDC guidelines](#).

Note: if they develop symptoms, follow guidance above for people with COVID19 symptoms.

For ALL people

- When leaving the home, **keep a distance of 6 feet from others** and **wear a [cloth face covering](#)** when around other people.

**\*\*In all cases, follow the guidance of your doctor and local health department.** The decision to stop home isolation should be made in consultation with their healthcare provider and state and local health departments. Some people, for example those with conditions that [weaken their immune system](#), might continue to shed virus even after they recover.

[Find more information on when to end home isolation.](#)

Page last reviewed: May 3, 2020



# Coronavirus Disease 2019 (COVID-19)

## People Who Are at Higher Risk for Severe Illness

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

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

- [People 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



Older Adults



People with Asthma



At Risk For Severe Illness



People with HIV



People with Liver Disease

COVID-19: Are You at Higher Risk for Severe Illness?

Resources

- [ASL Video Series: COVID-19: Are You at Higher Risk for Severe Illness?](#)
- [Learn how you can help protect yourself if you are at higher risk of severe illness from COVID-19](#)

# Coronavirus Disease 2019 (COVID-19)

## Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

[Printer friendly version](#) 

### How to Wear a Cloth Face Covering

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



### CDC on Homemade Cloth Face Coverings

[CDC recommends](#) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. 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.

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 coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

### Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

### How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

### How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.



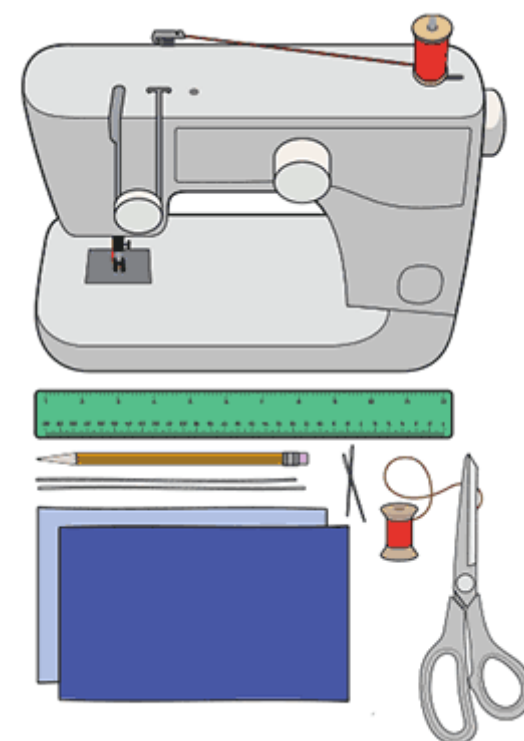
# Sew and No Sew Instructions

## Sewn Cloth Face Covering

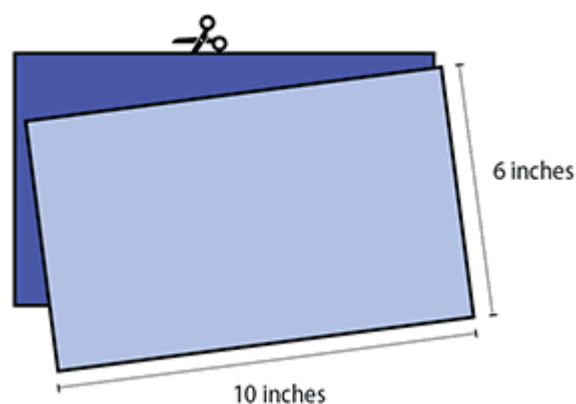
### Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

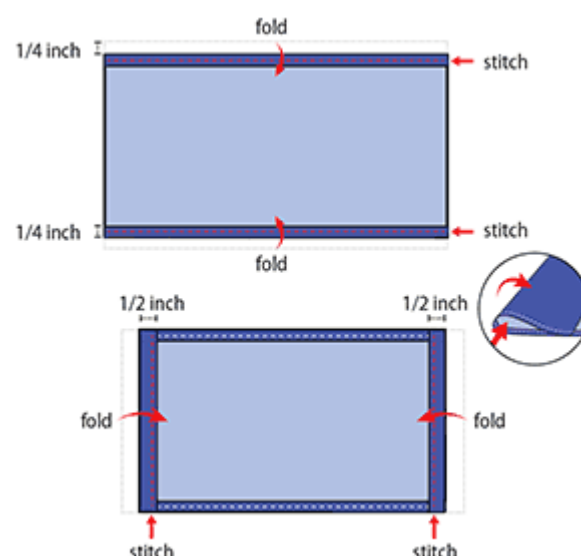
### Tutorial



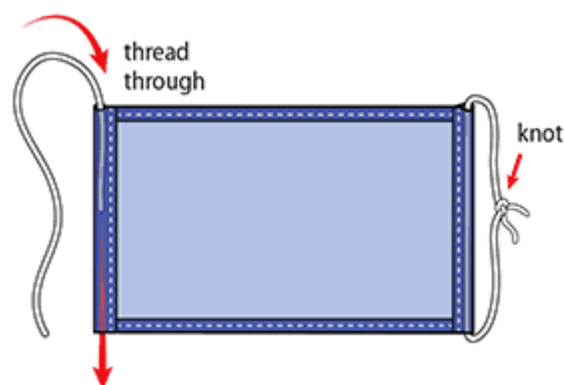
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



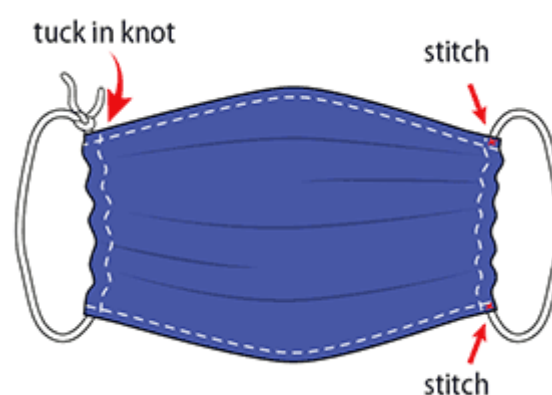
2. Fold over the long sides  $\frac{1}{4}$  inch and hem. Then fold the double layer of fabric over  $\frac{1}{2}$  inch along the short sides and stitch down.



3. Run a 6-inch length of  $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.

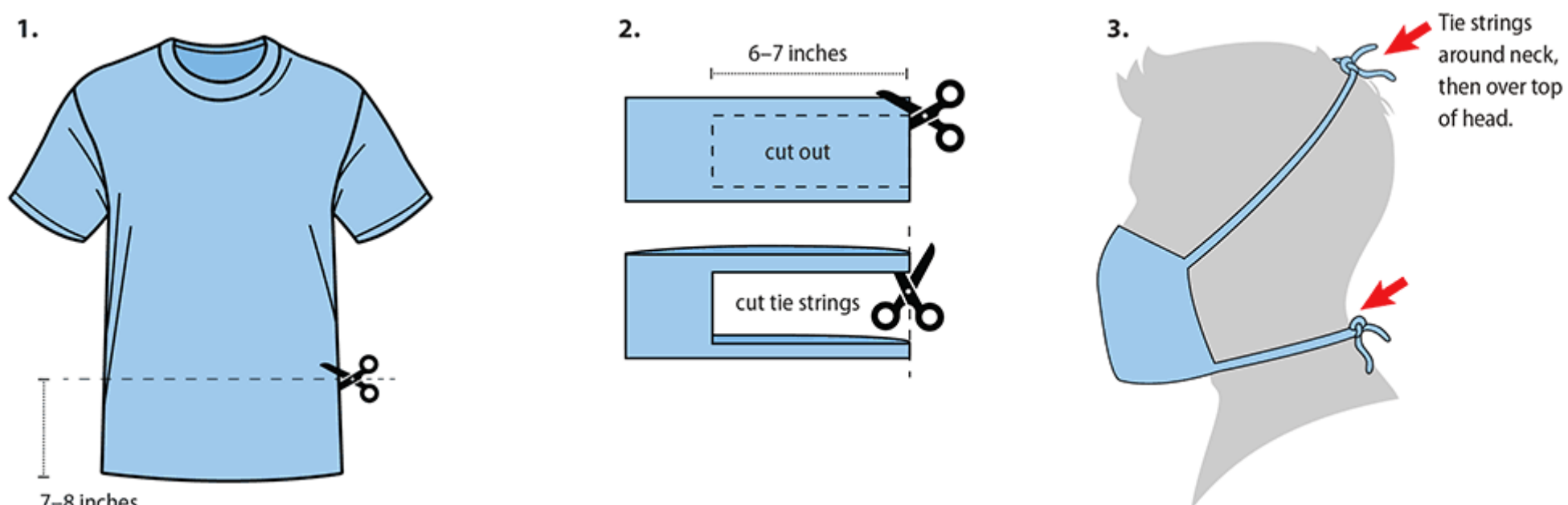


## Quick Cut T-shirt Face Covering (no sew method)

## Materials

- T-shirt
- Scissors

## Tutorial

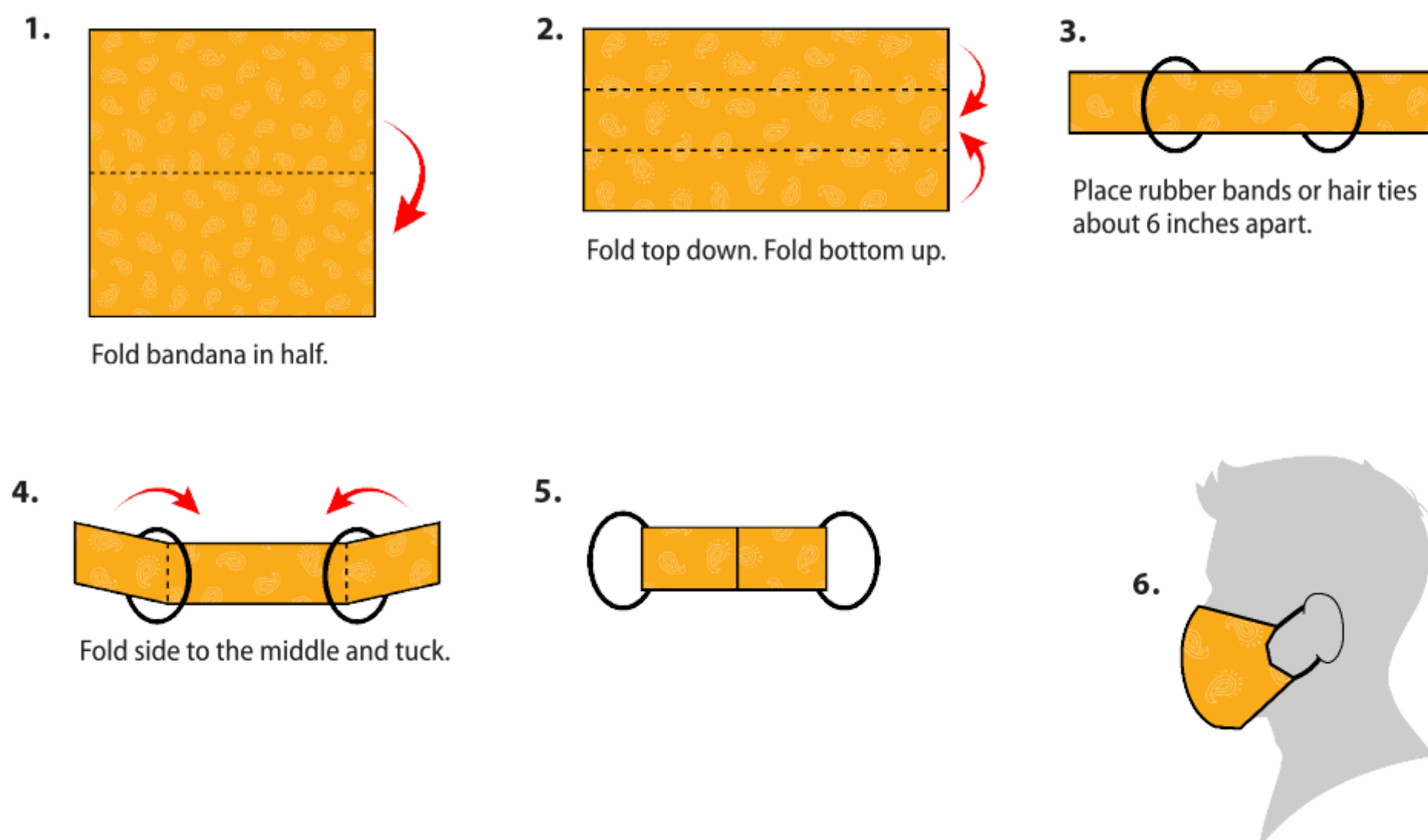


## Bandana Face Covering (no sew method)

## Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

## Tutorial



## More Information

[Important Information About Your Cloth Face Coverings](#) 

[ASL Video Series: Easy DIY Cloth Face Covering](#)

[How To Make Your Own Face Covering Video](#)

Page last reviewed: April 13, 2020