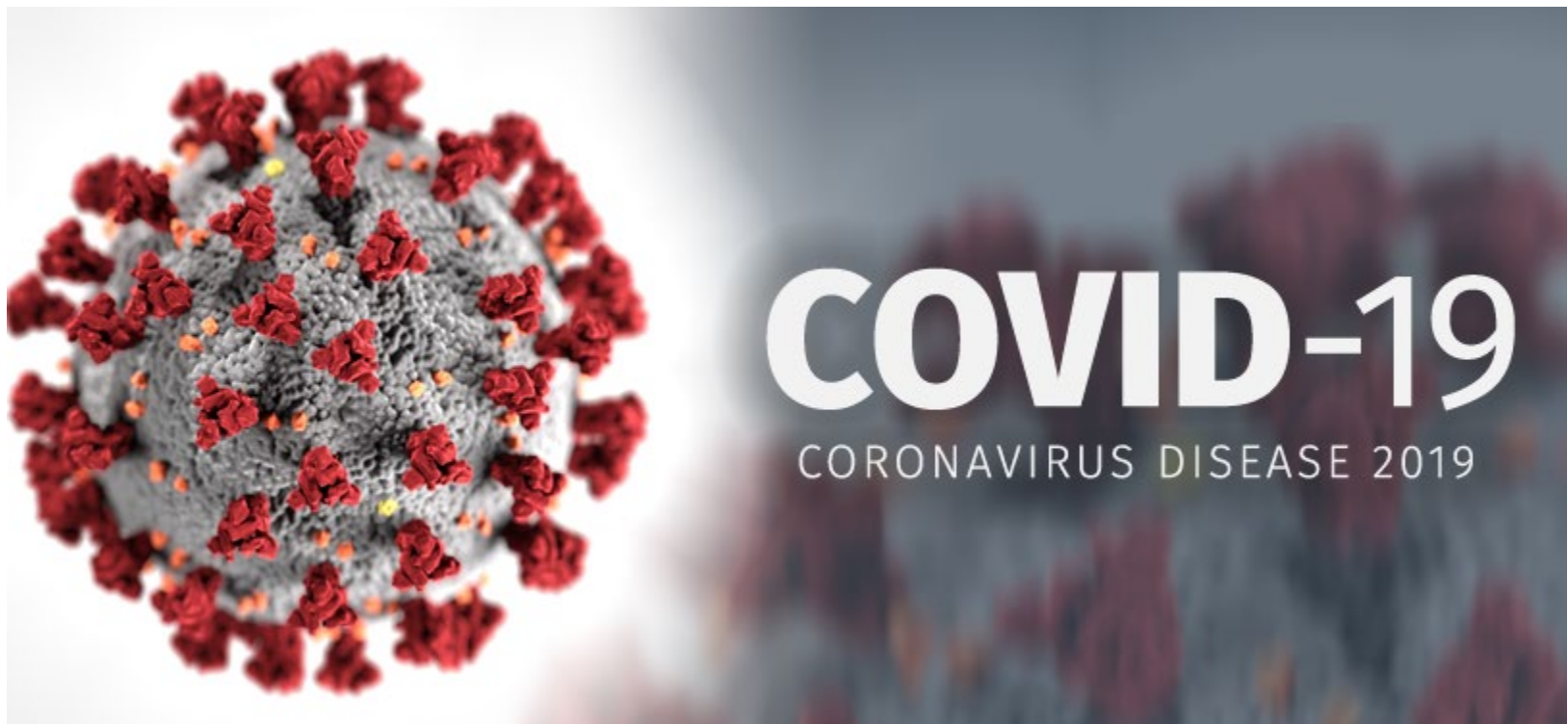


Member Guide to the Coronavirus Disease 2019 (COVID-19)



In this guide you will find:

- What is the Coronavirus Disease 2019 (COVID-19)
- How It Spreads **(UPDATED)**
- Symptoms
- When to Seek Medical Attention
- Protect Yourself
- Avoid Close Contact (Social Distancing)
- How to Select, Wear, and Clean Your Mask
- Quarantine and Isolation: What is the Difference? Who Needs It? **(UPDATED)**
- What Counts as Close Contact? **(NEW!)**
- Options to Reduce Quarantine? **(NEW!)**
- What to Do If I Might Have Been Exposed or Have Confirmed COVID-19?
- When Can I Be Around Others After Having COVID-19?

Printable Posters

- Symptoms of Coronavirus Disease 2019
- Stop the Spread of Germs
- Handwashing and Hand Sanitizer Use
- How to Safely Wear and Take Off A Mask
- 10 Things You Can Do to Manage Your COVID-19 Symptoms at Home
- Clean and Disinfect Homes and Other Spaces

About the Coronavirus Disease 2019 (COVID-19)

What is the Coronavirus Disease 2019 (COVID-19)

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person in China and other countries, including the United States. In some instances, cases outside of China have been associated with travelers from China. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

How it Spreads

The virus spreads very easily from person-to-person.

- Between people who are in close contact with one another.
- 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.

It can sometimes be spread by airborne transmission

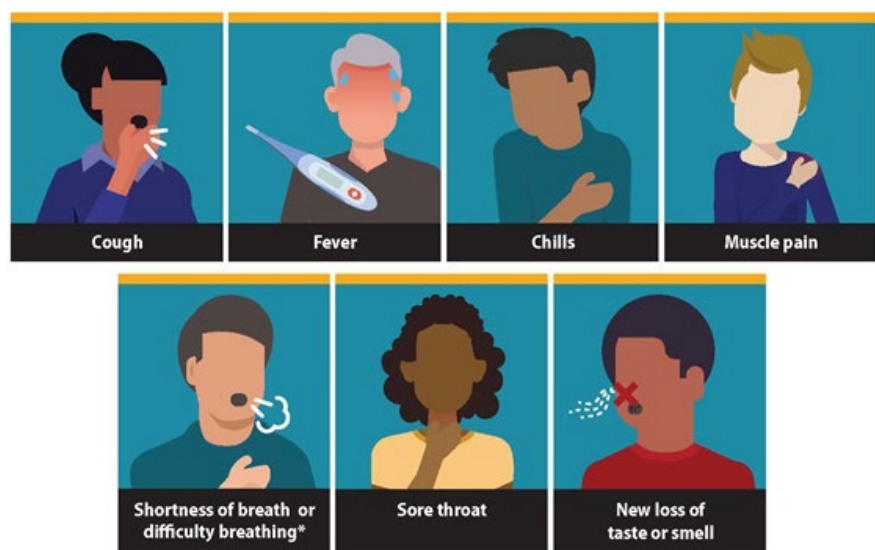
- Some infections can be spread by exposure to virus in small droplets and particles that can linger in the air for minutes to hours.
- Under certain conditions, people with COVID-19 seem to have infected others who were more than 6 feet away. These transmissions occurred within enclosed spaces that had inadequate ventilation.

Symptoms:

Symptoms may appear **2-14 days after contact with the virus.**

People with one or more of these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



*This list is not a complete. Please talk to your doctor for any other symptoms that are severe or concerning to you.

When to Seek Medical Attention

If you have any of these **emergency warning signs*** for COVID-19 get **medical attention as soon as possible**:

- Trouble breathing
- Ongoing pain or pressure in the chest
- New confusion or not able to arouse
- Not able to wake or stay wake
- Bluish lips or face

*This list is not a complete list. Please contact your doctor for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency: Tell the operator that you have, or think you might have, COVID-19. Make sure to put on a cloth face mask or cloth before medical help .

About the Coronavirus Disease 2019 (COVID-19)

Protect Yourself

There is no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to keep from getting sick is to take these actions to **avoid being exposed to this virus**:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect objects and surfaces that is touched often with a regular household cleaning spray or wipe.
- Wear a facemask if you show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If you do not have soap and water ready to use, **use a hand sanitizer that contains at least 60% alcohol**. Cover all parts of your hands and rub them together until they feel dry.
- Always wash hands with soap and water if you can see dirt on them.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid Close Contact (Social Distancing)

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- **Inside your home:** Avoid close contact with people who are sick.
 - If you can, maintain 6 feet between the person who is sick and other people that live in your house.
- **Outside your home:** Put 6 feet of distance between yourself and people who do not live in your house.
 - Remember that some people without symptoms may be able to spread the virus.
 - Stay at least 6 feet (about 2 arms’ length) from other people.
 - Stay away from others is very important for people who are at higher risk of getting very sick.

Tips for Social Distancing

When going out in public, it is important to **stay at least 6 feet away** from other people and **wear a mask** to slow the spread of COVID-19. Here are some tips go out.

- **Know Before You Go:** Before going out, know and follow the guidance from local public health officials where you live.
- **Prepare for Transportation:** Consider social distancing ways to travel safely when running errands or going to and from work. Like walking, bicycling, wheelchair rolling, or using public transit, rideshares, or taxis. When using public transit, try to keep at least 6 feet from other people. For example, when you are waiting at a bus station or picking seats on a bus or train. When using rideshares or taxis, avoid pooled rides where more than one person is picked up. Sit in the back seat in larger vehicles so you can remain at least 6 feet away from the driver.
- **Limit Contact When Running Going Places:** Visit stores selling household items in person only when you need to. Stay at least 6 feet away from others who are not from your household while shopping and in lines. When you can, use drive-thru, curbside pick-up, or delivery services to limit face-to-face contact with others. Maintain physical distance between yourself and people when getting your items and **wear a mask**.

About the Coronavirus Disease 2019 (COVID-19)

- **Choose Safe Social Activities:** It is possible to stay socially connected with friends and family who do not live in your home. You can do this by calling, using video chat, or staying connected through social media. If meeting others in person stay at least 6 feet from others who are not from your household.
- **Keep Distance at Events and Gatherings:** The safest way is to avoid crowded places and gatherings where it may be hard to stay at least 6 feet away from others who are not from your household. Keep 6 feet of space between you and others at all times and **wear a mask if the space is crowded**. Look for any tape markings on floors or signs on walls that will help to show how to remain at least 6 feet apart from each other. Allow other people 6 feet of space when you pass by them in both indoors and outdoors.
- **Stay Distanced While Being Active:** If you are going for a walk, bike ride, or wheelchair roll maintain at least 6 feet of distance between yourself and other pedestrians and cyclists. If you decide to visit a nearby park, trail, or other facility, first check for closures or restrictions. If open, consider how many other people might be there and choose a location where it will be possible to keep at least 6 feet of space between yourself and other people who are not from your household.

How to Select, Wear, and Clean Your Mask

Select Your Mask

- Wear masks with two or more layers
- Wear the mask over your nose and mouth and secure it under your chin
- Masks should be worn by people two years and older
- Masks should **NOT** have exhalation valves or vents that allow virus bits to escape
- Masks should **NOT** be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without extra help



Wear Your Mask

- Wear a mask **correctly** all the time for best protection
- Be sure to wash your hands before putting on a mask
 - Do **NOT** touch the mask when wearing it
 - Covers your nose and mouth and secure it under your chin
 - Fits snugly against the sides of your face

Do NOT wear a mask



About the Coronavirus Disease 2019 (COVID-19)

Clean Your Mask

Masks should be washed regularly. Always **remove masks correctly*** and **wash your hands*** after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest proper water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until fully dry

**A Printable is at the end of this guide*

Quarantine and Isolation: What is the Difference? Who Needs It?

Quarantine

Quarantine keeps someone who **might** have been exposed to COVID-19 away from others. If you have been in **close contact** with someone who has COVID-19. This excludes people who have had COVID19 within the past 3 months.

Isolation

Isolation keeps someone who is infected with the virus away from others, even in their home.

What Counts as Close Contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

If you were in close contact with someone with COVID-19 you should quarantine and monitor your health.

Options to Reduce Quarantine

Local public health departments make the final decisions about how long quarantine should last in the communities they serve. It is based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.

The CDC recommends two additional options for how long quarantine should last. Based on local availability of viral testing, for people without symptoms quarantine can end:

- On day 10 without testing
- On day 7 after receiving a negative test result

After stopping quarantine, people should

- Watch for symptoms until 14 days after exposure.
- If they have symptoms, immediately self-isolate and contact their local public health authority or healthcare provider.
- Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread.

About the Coronavirus Disease 2019 (COVID-19)

What should I do if I might have been exposed? If I feel sick? Or have confirmed COVID-19?

If you...	Steps to take...
If you or someone in your home might have been exposed	Self-Monitor Be alert for symptoms. Watch for fever, cough, or shortness of breath . <ul style="list-style-type: none">Take your temperature if symptoms develop.Practice social distancing. Maintain 6 feet of distance from others and stay out of crowded places.Follow CDC guidance if symptoms develop.
If you feel healthy but: <ul style="list-style-type: none">Recently had close contact with a person with COVID-19, orRecently traveled from somewhere outside the U.S. or on a cruise ship or river boat	Self-Quarantine <ul style="list-style-type: none">Check your temperature twice a day and watch for symptoms.Stay home for 14 days and self-monitor.If possible, stay away from people who are high-risk for getting very sick from COVID-19.
If you: <ul style="list-style-type: none">Have been diagnosed with COVID-19, orAre waiting for test results, orHave symptoms such as cough, fever, or shortness of breath	Self-Isolate <ul style="list-style-type: none">Stay in a specific “sick room” or area and away from other people or animals, including pets. If possible, use a separate bathroom.Read important information about caring for yourself or someone else who is sick.

When can I be around others after having COVID-19?

There is not enough information about being infected again after already having the virus that causes COVID-19. The Center of Disease Control is working to learn more. Up-to-date data does show that a person who has had and got better from COVID-19 may have low levels of virus in their bodies. This can last for up to 3 months after first learning about having COVID-19. This means that if the person who has recovered from COVID-19 is tested again within 3 months of original infection, they may continue to have a positive test result, even though they are not spreading COVID-19.

When you can be around others (end home isolation) depends on different factors for different situations.

I think or know I had COVID-19, and I had symptoms

- You can be around others after:
- 10 days since symptoms first appeared **and**
 - 24 hours with no fever without the use of fever-reducing medications **and**
 - Other symptoms of COVID-19 are improving*

**Loss of taste and smell may stay for weeks or months after recovery and need not delay the end of isolation*

Most people do not have to have testing to decide when they can be around others. If your doctor would like you to take a test, they will let you know when you can go back to being around others based on your test results.

Note that these recommendations **do not** apply to persons with severe COVID-19 or with severely weakened immune systems.

About the Coronavirus Disease 2019 (COVID-19)

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others. But, if your doctor recommends testing, they will let you know when you can resume being around others based on your test results. If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

I was severely ill with COVID-19 or have a severely weakened immune system (immunocompromised) due to a health condition or medication. When can I be around others?

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after they first get sick. Persons who are severely immunocompromised may have to take more tests to see when they can be around others. Talk to your doctor for more information. Your doctor might want you to go to a nearby testing site to have another test done. Your doctor will let you know if you can go back to being around other people based on the results of your test.

For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days **after their last time** with that person. But, anyone who has had close contact with someone with COVID-19 and who meets the following conditions does **NOT** need to stay home.

- Has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

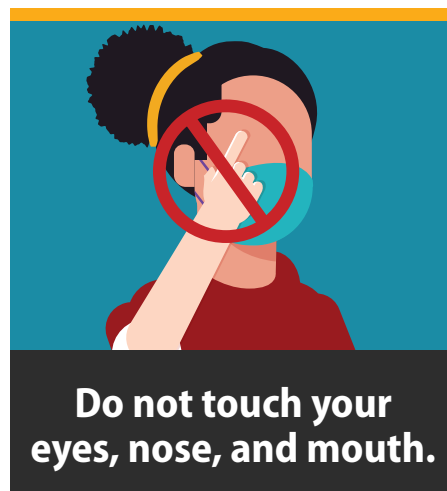
Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

Handwashing and Hand Sanitizer Use

at Home, at Play, and Out and About



Germ is everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.



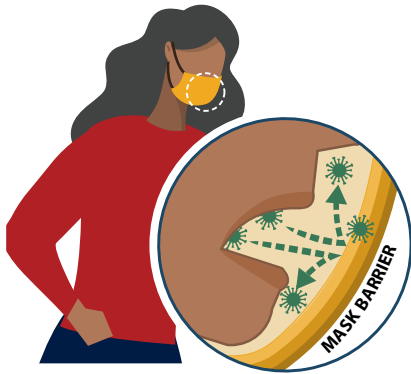
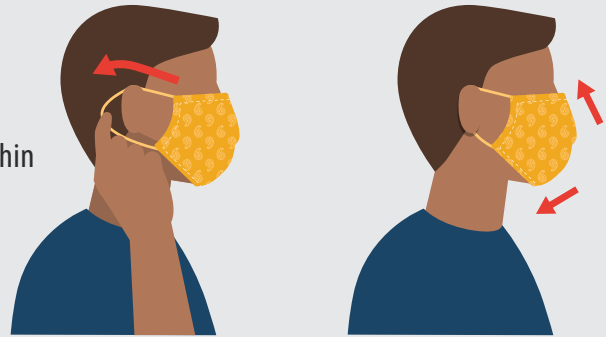
For more information, visit the CDC handwashing website, www.cdc.gov/handwashing.

How to Safely Wear and Take Off a Mask

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR MASK CORRECTLY

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE A MASK TO HELP PROTECT OTHERS

- Wear a mask to help protect others in case you're infected but don't have symptoms
- Keep the mask on your face the entire time you're in public
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine
- Wash your hands with soap and water

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a mask, see:

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



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

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

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, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



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



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.



3. **Get rest and stay hydrated.**



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 mask.



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.



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



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



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



cdc.gov/coronavirus

GUIDANCE FOR CLEANING & DISINFECTING

PUBLIC SPACES, WORKPLACES, BUSINESSES, SCHOOLS, AND HOMES



SCAN HERE
FOR MORE
INFORMATION

1 DEVELOP YOUR PLAN

DETERMINE WHAT NEEDS TO BE CLEANED.

Areas unoccupied for 7 or more days need only routine cleaning. Maintain existing cleaning practices for outdoor areas.

DETERMINE HOW AREAS WILL BE DISINFECTED. Consider the type of surface and how often the surface is touched. Prioritize disinfecting frequently touched surfaces.

CONSIDER THE RESOURCES AND EQUIPMENT NEEDED. Keep in mind the availability of cleaning products and personal protective equipment (PPE) appropriate for cleaners and disinfectants.

Follow guidance from state, tribal, local, and territorial authorities.

2 IMPLEMENT

CLEAN VISIBLY DIRTY SURFACES WITH SOAP AND WATER prior to disinfection.

USE THE APPROPRIATE CLEANING OR DISINFECTANT PRODUCT. Use an EPA-approved disinfectant against COVID-19, and read the label to make sure it meets your needs.

ALWAYS FOLLOW THE DIRECTIONS ON THE LABEL. The label will include safety information and application instructions. Keep disinfectants out of the reach of children.

3 MAINTAIN AND REVISE

CONTINUE ROUTINE CLEANING AND DISINFECTION.

Continue or revise your plan based upon appropriate disinfectant and PPE availability. Dirty surfaces should be cleaned with soap and water prior to disinfection. Routinely disinfect frequently touched surfaces at least daily.

MAINTAIN SAFE PRACTICES such as frequent handwashing, using cloth face coverings, and staying home if you are sick.

CONTINUE PRACTICES THAT REDUCE THE POTENTIAL FOR EXPOSURE. Maintain social distancing, staying six feet away from others. Reduce sharing of common spaces and frequently touched objects.

For more information, please visit **CORONAVIRUS.GOV**



MAKING YOUR PLAN TO CLEAN AND DISINFECT

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection.

Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.



Is the area indoors?

YES

It is an indoor area.

NO

Maintain existing cleaning practices.

Coronaviruses naturally die in hours to days in typical indoor and outdoor environments. Viruses are killed more quickly by warmer temperatures and sunlight.

Has the area been occupied within the last 7 days?

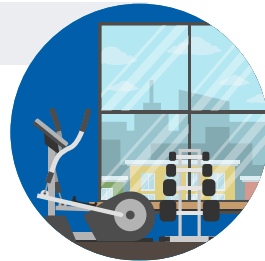
YES

Yes, the area has been occupied within the last 7 days.

NO

The area has been unoccupied within the last 7 days.

The area will need only routine cleaning.



Is it a frequently touched surface or object?

YES

Yes, it is a frequently touched surface or object.

NO

Thoroughly clean these materials.

Consider setting a schedule for routine cleaning and disinfection, as appropriate.



What type of material is the surface or object?

**Hard and non-porous materials
like glass, metal, or plastic.**

Visibly dirty surfaces should be cleaned prior to disinfection.

Consult EPA's list of disinfectants for use against COVID-19, specifically for use on hard, non-porous surfaces and for your specific application need. More frequent cleaning and disinfection is necessary to reduce exposure.

**Soft and porous materials like carpet,
rugs, or material in seating areas.**

Thoroughly clean or launder materials.

Consider removing soft and porous materials in high traffic areas. Disinfect materials if appropriate products are available.

