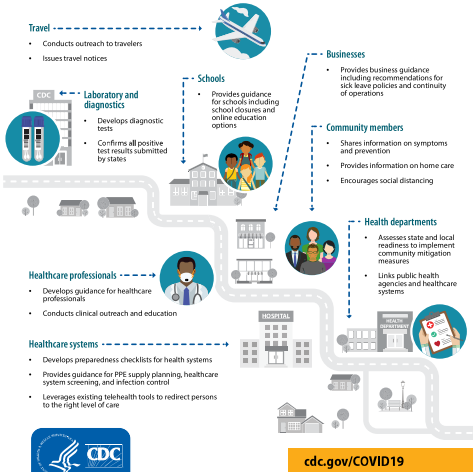


Coronavirus Facts (Covid-19)

CDC PROTECTS AND PREPARES COMMUNITIES

CDC is aggressively responding to the global outbreak of COVID-19 and community spread in the U.S.



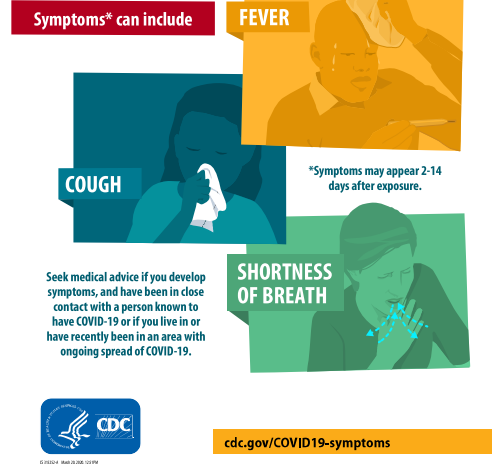
STOP THE SPREAD OF GERMS

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



SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.



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

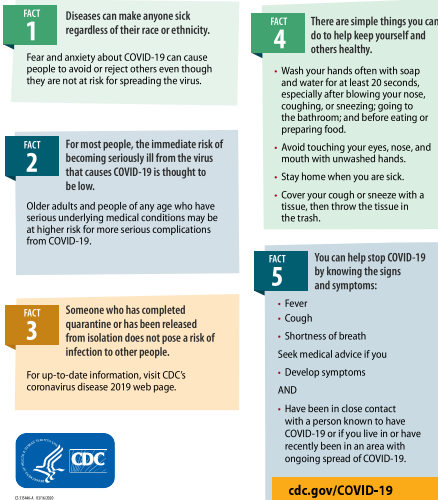
FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

- Stay home except to get medical care**
 - Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
 - 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.
 - Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.
- Separate yourself from other people in your home, this is known as home isolation**
 - Stay away from others:** As much as possible, you should stay in a specific "sick room" and avoid contact with other people in your home. Use a separate bathroom, if available.
 - Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
 - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.
- Call ahead before visiting your doctor**
 - Call ahead:** 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.
- Wear a facemask if you are sick**
 - If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
 - If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When coughing or sneezing into the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.
- Cover your coughs and sneezes**
 - Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
 - Dispose:** Throw used tissues in a lined trash can.
- Wash hands:** 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 hands:** 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.
 - 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:** Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing personal household items**
 - Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

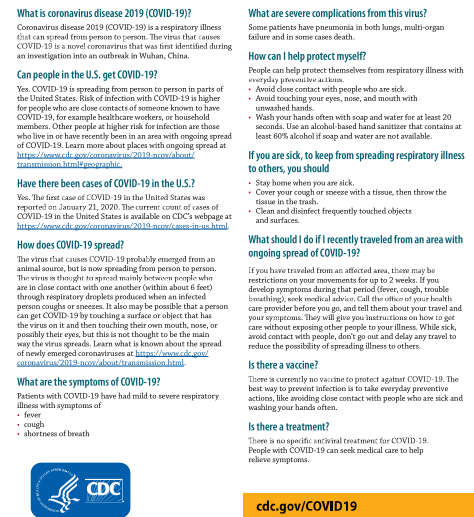
cdc.gov/COVID19

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.



What you need to know about coronavirus disease 2019 (COVID-19)



Covid-19 Handwashing Guide (Coronavirus Disease)

Conduct good hand washing practices always (soap and water for at least 20 seconds). If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



IMPORTANT TIPS:



- Remove all wrist and hand jewelry other than a wedding band.
- Use hand lotion regularly to prevent dry, cracked hands, i.e., before and after work and before breaks.
- Cover minor cuts and abrasions on hands and arms with a waterproof dressing before starting work.
- Contact occupational health and safety if you have any dermatitis, skin allergies or infected lesions on your arms or hands.

Prevent Worker Exposure to Coronavirus (COVID-19)

The novel coronavirus (officially called COVID-19) is believed to spread from person-to-person, primarily through respiratory droplets produced when an infected person coughs or sneezes. The virus is also believed to spread by people touching a surface or object and then touching one's mouth, nose, or possibly the eyes.

Employers and workers should follow these general practices to help prevent exposure to coronavirus:

- Frequently wash your hands with soap and water for at least 20 seconds.
- If soap and running water are not available, use an alcohol-based hand rub that contains at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.

Employers of workers with potential occupational exposures to coronavirus should follow these practices:

- Assess the hazards to which workers may be exposed.
- Evaluate the risk of exposure.
- Select, implement, and ensure workers use controls to prevent exposure, including physical barriers to control the spread of the virus; social distancing; and appropriate personal protective equipment, hygiene, and cleaning supplies.

For the latest information on the symptoms, prevention, and treatment of coronavirus, visit the Centers for Disease Control and Prevention coronavirus webpage.

For interim guidance and other resources on protecting workers from coronavirus, visit OSHA's COVID-19 webpage.

OSHA issues alerts to draw attention to worker safety and health issues and solutions.

OSHA • osha-covid-19 • 1-800-321-OSHA (6742) • @OSHA_DOL

KEEP CALM AND WASH YOUR HANDS



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

COVID-19