

# COVID-19



HEALTH  
Department

## Community Members: What to Do/What to Know

updated March 10, 2020

This is emerging, rapidly evolving situation. This guidance is based on what is currently known about the Coronavirus Disease 2019 (COVID-19). Information will be updated as it becomes available. For background on the situation, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

### **ALLEGAN COUNTY PUBLIC HEALTH RESPONSE: WHAT ARE WE DOING?**

- Participating on calls with Michigan Department of Health and Human Services (MDHHS) and Centers for Disease Control and Prevention (CDC)
- Monitoring all individuals based on risk exposure [CDC guidance](#)
- Maintaining communication with local medical providers to provide up to date information
- Holding a virtual weekly update for community partners

## **PREVENT THE SPREAD**

### **HOW CAN I PROTECT MYSELF?**

- 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
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- Regularly wash hands with soap and water for at least 20 seconds
- If soap and water is not available, use an alcohol based hand sanitizer that contains at least 60-95% alcohol



### **FACE MASK USE WITHIN THE COMMUNITY**

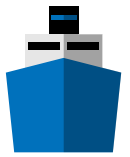
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it.
- A facemask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected.
- The use of facemasks also is crucial for health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a health care facility).

### **SOCIAL DISTANCING AND LIMITING MOBILITY**

- Communicate with your employer to set up a telework or teleconference option if available
- Review your family emergency preparedness plans and have an appropriate stockpile of food/water/medications for family
- Talk to your child's school district to see if an online learning option is available
- Ensure child care options are in place
- Practice [Nonpharmaceutical Interventions \(NPIs\)](#).
- Talk to your insurance provider to see if tele-medicine options are available

## TRAVEL

- Consider postponing nonessential travel
- Evaluate [CDC travel guidance](#) prior to travel



## SLOW THE SPREAD

### SHOULD I BE TESTED FOR COVID-19?



- Call your healthcare professional if you feel sick with fever, cough, or difficulty breathing, and have been in close contact with a person known to have COVID-19, or if you live in or have recently traveled from an area with ongoing spread of COVID-19.
- Your healthcare professional will work with your state's public health department and CDC to determine if you need to be tested for COVID-19.

### HOW COVID-19 SPREADS

- We are learning new information on COVID-19 frequently.
- Here's what we know now:
  - 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 or sneezes.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping.
  - There is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures.

### IF YOU ARE SICK

- Cover your cough and sneeze
- Wash your hands often
- Clean all "high-touch" surfaces everyday
- Monitor your symptoms
- Stay home except to get medical care
- Call ahead before visiting your doctor
- Separate yourself from other people and animals in your home
- Avoid sharing personal household items
- Wear a facemask



## RESOURCES

- [CDC/COVID-19](#)
- [MDHHS](#)



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