If you have a medical appointment that cannot be rescheduled, stay home except to get medical care if you are sick.

Stay home if you are sick to prevent the spread of COVID-19 or think you might have COVID-19. This will help the office protect themselves and other patients.

Many medical visits for routine care are being postponed or done by phone or telemedicine. Call ahead:

Avoid public transportation:

Stay in touch with your doctor.

Sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

Stay in touch with your doctor.

As much as possible, separate yourself from other people in your home and community.

Cleaning and disinfecting:

Clean all “high-touch” surfaces everyday.

Clean your hands often with soap and water for at least 20 seconds. 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 dry.

If you are caring for others:

If you are sick, wear a facemask in the home without medical care. Do not leave the house except to get medical care if you are sick.

Common symptoms of COVID-19 include:

Cover your coughs and sneezes using a tissue, your flexed elbow or a facemask using a scarf or bandana. Note:

Avoid touching your eyes, nose, and mouth.

If you are caring for others:

If the person who is sick is not able to get medical care, make sure safe and effective use of the product. Many household cleaners and disinfectants:

Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean them if you are sick.

Note:

Do not share:

Household cleaners and disinfectants:

Glasses, cups, eating utensils, towels, or cloth face coverings.

Do not share:

If you are sick:

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until dry.

Avoid sharing personal household items, wash them thoroughly with soap and water or put on a facemask before medical help arrives.

Hand sanitizer:

Avoid touching:

Wash hands:

If you will be tested:

Everone should know how it spreads.
Use cloth face coverings to help slow the spread of COVID-19.

How to Wear Cloth Face Coverings

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 cloth face covering 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 cloth 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 cloth face covering and wash hands immediately after removing.