



Empower Cherokee of GA., Inc.

Pandemic Planning and Response Guidelines

Response to 2020 Coronavirus aka COVID 19

6/15/2020 Edition

*At the writing of this document there is still much to be learned about this outbreak. This situation is ever evolving and this response guide will likely change as new discoveries are made.*

## Overview

Empower Cherokee supports men and women with developmental disabilities. Persons with IDD often present with comorbidities, advanced age, and often participate in communal activities that make them more susceptible to infectious diseases both viral (like COVID-19 and the flu) as well as bacterial infections. Employees are encouraged to take this very seriously and prepare now. We have changed guidelines and best practices to slow the spread of Covid-19 which started with sheltering at home on March 15<sup>th</sup>. Currently Empower Cherokee is gearing up to reopen. These guidelines will be in place for the reopen plan.

## Purpose

This guide is designed to provide resources and up to date information. It is to provide education and best practice guidelines for preparing, preventing, and managing and understanding infectious outbreaks such as COVID-19.

## Your Responsibility

It is your responsibility as employees, caregivers, and/or participants to read and understand the guidelines to the best of your ability. It is your responsibility to follow the guidelines to the best of your ability. Employees and caregivers it is your responsibility to assist in training and education where necessary to help participants understand and follow the guidelines as effectively as possible.

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*The content of this document, such as graphics, images, text and all other materials, are provided for reference and educational purposes only. The content is not meant to be complete or exhaustive or to be applicable to any specific individual's medical condition. This document is not an attempt to practice medicine or provide specific medical advice, and it should not be used to make a diagnosis or to replace or overrule a qualified health care provider's judgment. Users should not rely up this document for emergency medical treatment. The content on this document is not intended to be a substitute for professional medical advice, diagnosis or treatment.*

SECTION 1 GENERAL INFORMATION

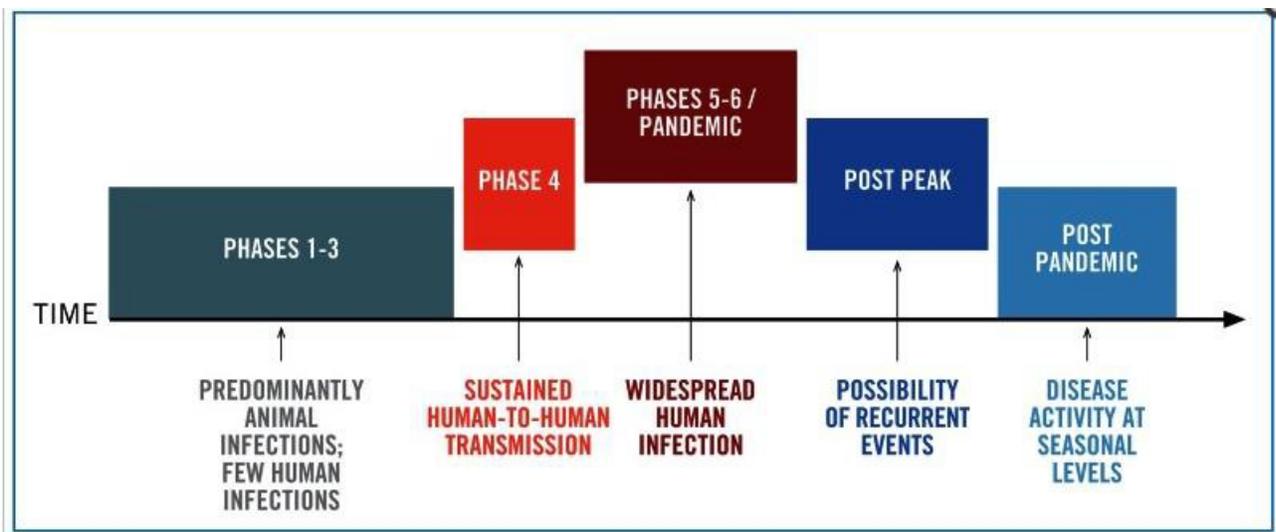
**What is a Pandemic?**

Pandemic refers to the occurrence, two to three times per century, of a novel coronavirus infection that circulates around the globe. In basic terms, that means a *disease that has spread widely across geographic regions.*

*It has nothing to do with how many people actually get sick, how severe their sicknesses are, or how many people die.*

There have been 3 influenza pandemics in the 20th century, of varying degrees of severity – the **Spanish Flu** of 1918/1919, the **Asian Flu** of 1957/1958, and the **Hong Kong Flu** of 1968/1969. The 21st Century saw its first influenza pandemic in April 2009 (**H1N1**), originating in Mexico and spreading around the world a month later and in January 2020 **COVID-19**, a corona pandemic not an influenza pandemic, originating in China.

**World Health Organization Phases for a Pandemic**



A Corona virus and the Flu are similar but also have some differences. The incubation period for Flu and Corona virus are somewhat different as well as some of the symptoms. Both can be severe and lead to death particularly if acquired by someone with specific comorbidities or if left improperly diagnosed or untreated.

## Disability Groups and Risk

If you have one of the disability types listed below, you might be at increased risk of becoming infected or having unrecognized illness. You should discuss your risk of illness with your healthcare provider.

- People who have limited mobility or who cannot avoid coming into close contact with others who may be infected, such as direct support providers and family members
- People who have trouble understanding information or practicing preventive measures, such as hand washing and social distancing
- People who may not be able to communicate symptoms of illness

### *Incubation*

For comparison, the incubation period for the common flu (seasonal influenza) is typically around 2 days. Incubation period for other coronaviruses: SARS 2-7 days; MERS 5 days typically (range 2-14 days).

Virus	Incubation Period (typical cases)
<b>Novel CORONA VIRUS COVID 19</b>	<b>2-14 or 0-24 days *</b>
<b>SARS</b>	2-7 days, as long as 10 days
<b>MERS</b>	5 days (range: 2-14)
<b>Swine Flu</b>	1-4 days, as long as 7 days
<b>Seasonal Flu</b>	2 days (1-4 range)

## Novel coronavirus vs. flu symptoms

Novel Coronavirus (Covid 19) Symptoms	Flu Symptoms
<ul style="list-style-type: none"><li>• <b>Fever</b></li><li>• <b>Cough</b></li><li>• <b>Difficulty breathing</b></li><li>• <b>Shortness of breath</b></li></ul> <p>If you are feeling ill and have recently traveled to China or have been in close contact with someone who has COVID-19, please contact your doctor immediately.</p>	<ul style="list-style-type: none"><li>• <b>Fever/feeling feverish</b></li><li>• <b>Headache</b></li><li>• <b>Muscle and body aches</b></li><li>• <b>Feeling very tired (fatigue)</b></li><li>• <b>Cough</b></li><li>• <b>Sore throat</b></li><li>• <b>Runny or stuffy nose</b></li></ul>

## Symptoms and signs

*The following several pages are pulled directly from the CDC at for more information please visit the CDC website. (Link found in Appendices and Links section)*

What you need to know

- Anyone can have mild to severe symptoms.
- **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 (See Appendix 1)

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:

- 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 does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

### Treatment and Prevention of Spread if you do Get Sick.

#### When to Seek Emergency Medical Attention

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

- 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 medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

### **Steps to help prevent the spread of COVID-19 if you are sick (See Appendix 2)**

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.

#### **Monitor your symptoms**

- **Symptoms of COVID-19 fever, cough, or other symptoms.**
- **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.

#### **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**, (see appendix 4) **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 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 (See link to Complete Disinfection Guidance in the Appendices and Links Section)

## Infection Prevention and Control.

At Empower Cherokee we recognize that our first line of defense around the spread of COVID-19 is prevention. We have an infection control policy in place that we follow every day, however during this time we will be increasing our safety measures.

Staff who need to reference our current Infection Control Policy can refer to 1.H. Infection Control in our Policy Manual found on Paycor. Participants and Caregivers can refer to the supported individual handbook for basic expectations which can be found on our website along with this guide under the Resources tab. This guide will include all of those things plus additional measures and reminders due to COVID-19.

Empower Cherokee is planning to phase into reopening our programs. In order to do this the following procedures will be followed as recommended by CDC, OSHA, DBHDD, and the Governor of GA.

Basic Infection Prevention Measures for most employers, protecting workers will depend on emphasizing basic infection prevention measures. As appropriate, all employers should implement good hygiene and infection control practices

### **Generally Recommended Infection Prevention Procedures: (As found in OSHA's Guidance for Preparing Business for Reopening see Links and Appendices section)**

- Frequent and thorough hand washing, including by providing workers, customers, and worksite visitors with a place to wash their hands. If soap and running water are not immediately available, provide alcohol-based hand rubs containing at least 60% alcohol. (See Link and Appendix 3)
- Employees and program participants must stay home if they are sick
- Repertory Etiquette will be followed.

- including covering coughs and sneezes.
- Staff will wear masks at all times and program participants will wear masks when feasible
- Tissues and trash receptacles will be available in every program space/room.
- Given that Empower Cherokee is a service provider for persons with I/DD teleworking does not make since for most employees, however some consideration can be given on a case by case basis depending on the nature of a person's role.
- Staff will be prohibited from using each other's computers, phones, pens, desk, chairs, etc. whenever possible.
- Maintain regular housekeeping practices, including routine cleaning and disinfecting of surfaces, equipment, and other elements of the work environment regularly with approved Environmental Protection Agency (EPA)- disinfectants with claims against emerging viral pathogens. Employees will follow the manufacturer's instructions for use of all cleaning and disinfection products (e.g., concentration, application method and contact time, PPE).

#### **Additional Procedures and Guidelines Specific to Empower Cherokee**

- Empower Cherokee Procedures for phased reopening:
  - All staff will be retrained in the use of PPE, Infection control, and signs and symptoms of COVID-19 prior to reopening.
  - Empower Cherokee will provide at least one washable mask for each staff and participant. It is expected that 100% of staff wear the mask at any time they have direct contact with participants, the public, or other staff
    - Staff will not be permitted to remove face covering during participant meal/snack times. Staff will be provided an opportunity for a break where they can eat their meal on a rotating schedule separated from the program area.
  - Social distancing of 6 feet will be strongly encouraged at all times.
  - Handwashing procedures as recommended by the CDC will be followed at all times.
  - All soft furniture that cannot be placed in a washing machine for sanitation or wiped down regularly will be placed in an inaccessible area of the building or covered with appropriate washable slipcovers or sheets.
  - All unnecessary furnishings will be placed out of site and out of use until such time when they are needed again so as not to tempt participants and staff to use the and to avoid the look of isolation and disuse.
  - Signs and markers that promote hand washing, social distancing, regulations related to COVID will be posted throughout the building, on the information station, and within the Empower Cherokee Guidelines for Phased Opening.

- Staff will be provided a rotating sanitation schedule that will allow for cleaning of high use surfaces on an ongoing basis.
- Symptom Checks
  - Each participant and staff will be screened for COVID-19 using the Symptoms of COVID Guide at the time they arrive at Empower Cherokee and prior to returning home.
  - CATS will also be doing a temperature check prior to boarding a vehicle.
  - Temperatures will be taken with no touch thermometers if available or forehead thermometers sanitized between each scan if they are not. (temperature over 100.4 will be the threshold for being sent home)
- No one other than participants and staff will be permitted to enter the building without permission from the Executive Director or designee during this initial phase of reopening.
  - Families and caregivers will be asked to drop off their loved ones at the door.
  - Volunteers will not be permitted during this time.
  - Contractors will need permission from the director or designee.
  - Outside instructors will not be permitted during this time (Art, Music Therapy, Fitness for Life, Educational Guests Etc.)
- All staff and participants will have multiple access options for the Empower Cherokee Phased Reopening Guidelines that will stand as an appendix to the current infection control policy.
- Temporary Changes to Program Offerings and Schedules
  - Initially and until further notice all participants will be placed on a M/W or T/TH schedule and Friday will be closed to participants so that staff can debrief, clean, finish documentation, and prepare for the next week. (the only exception will be for folks who are employed. They may work their scheduled hours and on-site support will be provided (if an enclave) Transportation will not be provided to and from job sites.
    - Caregivers will be contacted the week prior to opening to be notified of the schedule the participant(s) in their care will be placed on.
  - Additionally, participants will be spread out among the 3 buildings on the two campuses in a way that promotes the best possible social distancing; this means at least temporarily some folks may change from EP to Main Campus, groups may be set up in the commons, and in the house.

- Community Access Individual will resume; careful consideration will be given to where participants go in the community. Outdoor activities with limited person to person contact will be encouraged.
- Community Access Group may occur in situations where groups are limited to no more than can safely be placed in any specific vehicle based on social distancing guidelines. Outdoor activities with limited person to person contact will be encouraged.
- Supported Employment individual and group will resume.
  - Due to the distancing rules it may not be possible for transportation to be provided for participants to and from their place of employment. Our case management staff are happy to assist with alternative transportation methods such as Uber or Lyft.
  - While a participant is at work, the guidelines of the employer will override the rules of Empower Cherokee of GA, Inc.
- Family and Caregiver Responsibilities
  - Caregivers are required to take the reopening survey before their loved one can return to the program. (see link in the links and appendix section)
  - Families will use the Symptoms of COVID Guide (page 19) to assess the participant in their care prior to allowing them to attend on their scheduled days. Anyone with any symptoms on the Symptoms of COVID guide should be kept at home until symptoms subside. Exceptions would be documented ongoing occurrence of any symptoms prior to the discovery of COVID-19 as a part of that person's regular physical presentation (example would be allergies, COPD, or other long term illnesses)
  - All participants will need to bring a sack lunch in either a paper or plastic bag with fully disposable items containing everything they need to complete their meal. During this time microwaves will not be in use so we can cut down possible transmission of germs through touch surfaces and food.
  - During this time, we are working with CATS to provide very limited transportation for those who are in absolute need. It is strongly encouraged that caregivers transport the participant in their care to and from the program at this time. We have also been informed by CATS that they will not transport anyone who is self-pay for transportation, lives in a nursing home or assisted living facility, or anyone in a group home or host home setting due to the nature of congregate living.

- Caregivers should work with the participant(s) in their care on following appropriate guidelines on things such as hand washing, social distancing, and use of facemasks prior to returning to the program.
- Caregivers need to encouraged participant(s) in their care to leave unnecessary bags, purses, backpacks, and other items at home. This is for sanitation reasons. Bags that are vinyl, leather, or plastic are strongly encouraged so they can be whipped and cleaned.
- Caregivers need to make sure everything that comes into the program is cleaned and wiped down before arrival this includes but is not limited to bags, walkers, wheelchairs, phones, tablets, etc.
- Positive COVID-19 Case and COVID-19 Symptomology
  - If someone is found to have COVID-19 symptoms they will be placed in a designated “clinic” space until they can be picked up.
  - Symptoms of COVID will be verified by the Executive Director or a member of the COVID-19 Crisis Committee on staff
  - Caregivers or a designee must be available to pick up the participant within a 30-minute window and must assure that Empower Cherokee has the best possible phone number(s) to reach the caregiver.
  - The clinic will remain closed after the participant leaves and then cleaned 24 hours later and when only staff are present. If additional people fall ill, back up clinic spaces will need to be identified and the same procedures followed.
  - Anyone who has COVID symptoms will not be permitted to return until a copy of their negative COVID screening is presented to the case management team.
  - In the event that there is a positive COVID -19 Case notification will go out to the following the same day as discovery
    - Participants who ride the same bus, attend the same days, attend the same building as the person who has fallen ill.
    - Staff who work in close proximity with the person who has fallen ill
    - DBHDD (ROCI)
    - Other required authority not reported by other providers or testing facilities such as Public Health Agency
  - COVID Crisis team will meet to debrief on any outbreak and adjust guidelines as necessary inclusive of any discussions around temporary closures or schedule modifications.

## Rights of Participants:

Empower Cherokee Recognizes that persons who chose to use our services have the same rights and responsibilities as any other person in the United States and we strive to assure that we promote the exercise of these rights. We also recognize during a global pandemic we have a responsibility to protect the health and safety of the people we support, our staff, and families. By choosing to participate in our programming during this time participants and family members will be asked to follow procedures that are not typical practices and may restrict the rights of participants.

Examples may include:

- Restriction of freedom of movement to maintain social distancing
- A reduction in approved service hours to maintain social distancing
- A change in lunch procedures to reduce exposure to high touch areas and to maintain social distancing
- A change in program staff or service location to maintain social distancing
- A reduction in human to human contact to reduce the spread of germs
- A reduction of unsupervised time in the program to assure social distancing
- A reduction in group community activities to maintain social distancing
- A suspension of classes which require people to be in close proximity to maintain social distancing
- A restriction of visitors in our buildings to limit exposure
- Avoidance of large community events or places where people congregate to maintain social distancing

Empower Cherokee understand that these things may be uncomfortable for participants and caregivers, and we will provide education, training, and offer support where participants may get confused or frustrated due to these temporary restrictions.

## Appendices and Links:

The following section has a variety of Appendices that helps to simplify the information in this guidance. Please review these documents with participants. These items will also be placed in a centralized location in each building, on the information station, and will be available on our website along with this guidance document to assist in educating participants, staff, caregivers, and others around COVID-19 and prevention.

### **Links to helpful videos and resources:**

Referenced Organizations and Entities:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

- WHO: [https://covid19.who.int/?gclid=Cj0KCQjwwr32BRD4ARIsAAJNf\\_3Jr5JZi5fVHtuNWqJtxj-6-bCN4KogtF-6RcYL45fxH5uu8DDIyKQaAr1ZEALw\\_wcB](https://covid19.who.int/?gclid=Cj0KCQjwwr32BRD4ARIsAAJNf_3Jr5JZi5fVHtuNWqJtxj-6-bCN4KogtF-6RcYL45fxH5uu8DDIyKQaAr1ZEALw_wcB)
- OSHA: <https://www.osha.gov/Publications/OSHA3990.pdf>
- DBHDD: <https://dbhdd.georgia.gov/covid-19>

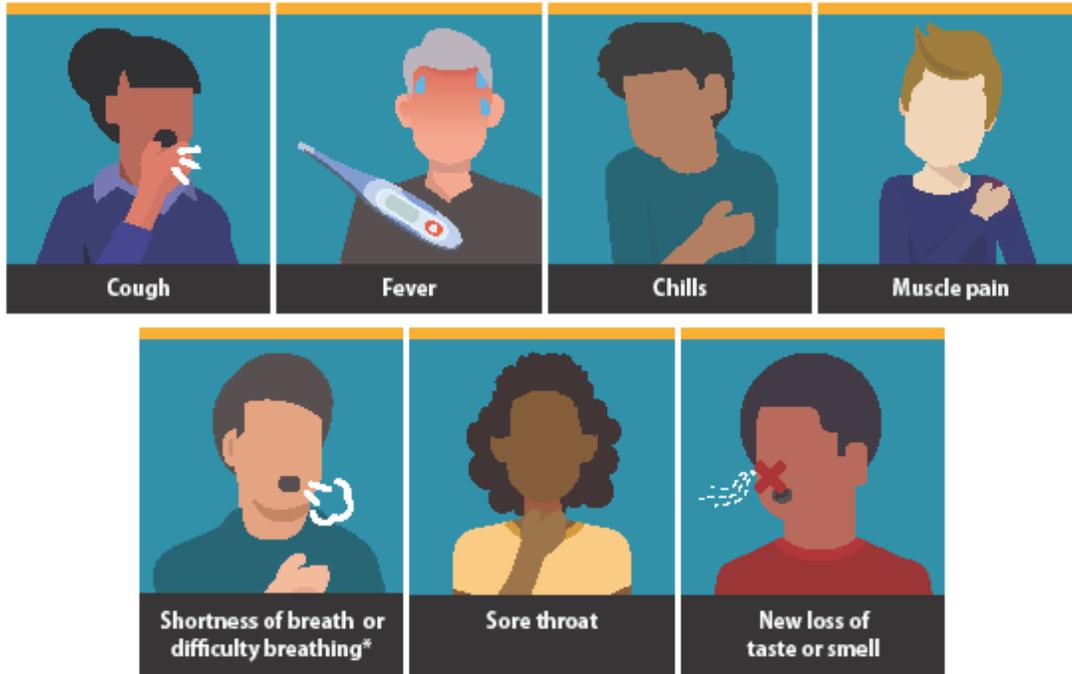
Resources to stay safe:

- Handwashing - <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- Complete Disinfection Guidance - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>
- Cloth Face Coverings - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- Symptoms - <https://www.youtube.com/watch?v=7zzfdYShvQU>
- What to do if you think you have COVID-19 - [If you are sick with COVID-19 or think you might have COVID-19](#)
- Empower Cherokee Survey for Reopening - <https://www.surveymonkey.com/r/ECREOPENSURVEY>



# 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 medical provider for any other symptoms that are severe or concerning to you.



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

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# 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, ridesharing, 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, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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

# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.

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**Please wear a cloth face covering.**



**Maintain a distance of 6 feet  
whenever possible.**



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

# COVID 19 SARS-CoV-2 Coronavirus Infection

## Who is vulnerable?

### ...To a more serious illness if infected:

- People who are over the age of 65
- People with lung disease or moderate to severe asthma
- People with diabetes
- People with heart disease
- People with immune deficiencies
- People who are severely obese
- People with chronic kidney disease undergoing dialysis
- People with liver disease
- People who live in a congregate care setting
- People with other serious underlying conditions

### ...To becoming infected or having an unrecognized illness:

- People who cannot communicate symptoms of disease
- People who have difficulty practicing good hygiene
- People who have limited mobility and who cannot avoid close contact with others who may be infected

## What does it look like?

### Main symptoms include:

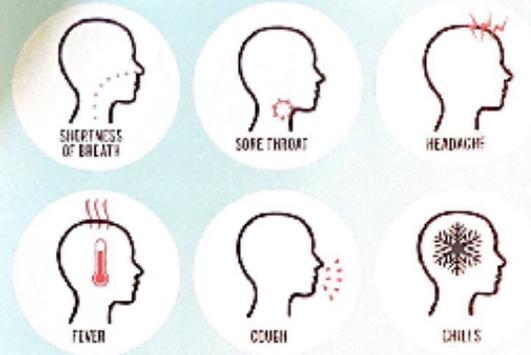
- Fever (usually greater than 100°F)
- Cough
- Shortness of breath

### Severe symptoms include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New onset of confusion or inability to arouse
- Bluish lips or face

### Other symptoms include:

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Behavioral changes are often signs of underlying illness in people who do not use words to communicate
- Some may have no symptoms at all



## How can we prevent it?

- Practice regular hand-washing
- Use hand sanitizers that are at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Avoid close contact with people who are sick
- Cover your mouth and nose with a tissue when coughing or sneezing and discard
- Immediately wash hands after coughing or sneezing
- Disinfect surfaces regularly using approved disinfectants
- Wearing masks in public places may be appropriate

## How do we respond?

### For symptoms:

- Call a person's healthcare provider at the first sign of illness
- Whenever possible, CALL FIRST and let them know that the person has symptoms of COVID-19.

### If a diagnosis is suspected or has been confirmed:

- Contact the person's healthcare provider
- Place a mask on the person if not already wearing one
- Consider increasing frequency of sanitation and disinfection of the environment
- Follow other agency guidelines
- For severe symptoms, call 9-1-1!

Consult your healthcare provider for additional information concerning symptoms and recommendations

Reference: CDC recommendations as of 5/1/2020 Visit CDC.gov for the most up to date information

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