

## **Coronavirus 2019 (COVID-19): General Guidance for the Public**

Below are recommendations that the general public in DC should follow to help protect other individuals, members of your family, and the community. Please be sure to regularly visit <https://coronavirus.dc.gov/> to get the most up-to-date information.

### **Create a plan of action for your household:**

- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources. Consider members of the household that may be at greater risk, such as older adults and individuals with chronic health conditions. Guidance for older adults and individuals with chronic health conditions is available at <https://coronavirus.dc.gov/>.
- Create an emergency contact list, including someone who can take care of your children or pets in your absence.
- Choose a room or area in your house that can be used to separate sick household members from others as much as possible.
- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand. Consider using mail-order or pharmacy delivery services.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared in the event that you need to stay home while you or someone in your household is sick. When shopping, buy-only what you need and avoid hoarding.
- Take care of the emotional health of your household members, including yourself. Stay in contact with others by phone or email.
- Check <https://coronavirus.dc.gov/> to find resources for DC residents.
- Sign up for the latest news and updates from DC Homeland Security and Emergency Management Agency (HSEMA) at AlertDC: <https://hsema.dc.gov/>

### **Stop the spread of COVID-19**

- Wear a cloth face covering when leaving your home and entering public spaces.
- If you are unable to wear a cloth face covering, cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands with soap and water frequently or use a hand sanitizer that contains at least 60% alcohol and is store-bought (do not make your own).
- Continue to practice social distancing. In addition to wearing cloth face coverings, keeping 6 feet of distance between you and others, and staying out of large crowds and gatherings, can help reduce the spread of COVID-19.
- Clean and disinfect frequently touched objects and surfaces at least daily. Make sure you clean visible dirt with soap and water before you disinfect. For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

### **Monitor your health**

- Be alert for symptoms of COVID-19. Symptoms can include cough, shortness of breath, difficulty breathing, fever, chills, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea, vomiting, or diarrhea.

**If you develop symptoms, then**

- **Consult with your healthcare provider if you are sick and if you are at greater risk.** Call ahead and let healthcare providers know of your symptoms.
- Limit close contact (at least 6 feet of distance) with others as much as possible by staying in a private room and using a separate bathroom. Avoid sharing personal items.
- Do not go to work. If possible, use sick leave or telework.
- Avoid public transportation, ride-sharing, or taxis.
- **Call 911 if you have a medical emergency** such as difficulty breathing, shortness of breath, persistent pain or pressure in the chest, new confusion, or inability to arouse, bluish lips or face.

The guidelines above will continue to be updated as the situation evolves. Please visit <https://coronavirus.dc.gov/> regularly for the most current information.