DC | HEALTH

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

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

As of March 16, 2020 DC residents should assume the possibility of Coronavirus 2019 (COVID-19) community transmission in DC. Below are recommendations that the general public should follow to help protect other individuals, members of your family and 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 people with severe chronic illnesses.
- 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.
- Create a safe activities plan for exercising and entertaining children and pets that doesn't involve public spaces, such as playgrounds and dog parks.
- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand. Consider using mail-order for medications.
- 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 to stay at home for a period of time. When shopping, by 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 out the Coronavirus Toolkit to find resources for District residents: https://coronavirus.dc.gov/page/coronavirus-covid-19-resources-tool-kit.
- 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
- Practice social distancing. Keep 6 feet of distance between you and others whenever possible, staying out of large crowds and gatherings.
- Stay home as much as possible by teleworking and using delivery services for essential items when possible.
- 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).
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
- Keep space between yourself and others, especially someone who is sick.
- Clean and disinfect frequently touched objects and surfaces at least daily. Make sure you clean visible dirt with soap and water before you disinfect. Visit https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html for more information.

If you develop mild illness then

- 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.
- **Consult with your healthcare provider if you are greater than 60, or have chronic healthcare conditions (heart disease, diabetes, lung disease, immunocompromised, etc), or if you think you may be at a higher risk of serious illness from COVID-19.**
- 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
- Refer to the DC Health's COVID-19 Information for High Risk Residents and Seniors. https://coronavirus.dc.gov/sites/default/files/dc/sites/coronavirus/publication/attachments/COVID19_High_Risk_Senior_Guidance-3-12-2020.pdf