

Preventing the Spread of Germs

Plain language summary from <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

As a person being tested for COVID-19, please follow the steps below to help prevent the disease from spreading to people in your home and community. If you do not seek medical attention and have not been tested but you have a fever or respiratory symptoms it is important to still follow the steps below. See also Patient Isolation form at www.standrewshealth.com for detailed information.

Isolate—Stay at Home

Activities outside the home should be restricted.

Do not attend work, school, or spend time in public areas.

Do not use public transportation, ride-sharing, or taxis.

Separate—from people and animals you live with

Use a separate bathroom.

Avoid close contact with people and pets.

Do not snuggle, kiss, or share food or drink.

Wash your hands frequently.

Avoid sharing dishes, cups, utensils, towels, bedding, and other personal items.

Clean all high-touch surfaces at least daily (counters, tabletops, doorknobs, phones, toilets, etc.).

Wear a facemask if you have to be around other people or pets.

For information about your **household members**, see Isolation Precautions form.

Cover Your Cough. Wash Your Hands.

Cover your mouth and nose with a disposable tissue when you cough or sneeze.

Throw these tissues into a lined trash can and immediately wash your hands with soap and water for at least 20 seconds.

Clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water not available.

Avoid touching your eyes, nose or mouth as much as possible.

Monitor Your Symptoms

Seek medical care if you experience worsening or severe symptoms.

Call ahead to clinic or hospital and tell them you are being evaluated for COVID-19.

Follow their instructions and/or process.

If you have a medical emergency, call 911 and inform the dispatch personnel that you have or are being evaluated for COVID-19. If possible, put on a facemask before EMS arrives.