

# Reduce the Spread



## **Stay home if you have symptoms of COVID-19.**

Have sick family members use a separate room and bathroom in your home, if possible, to reduce the spread of germs.



## **Continue practicing preventive actions.**

This includes washing your hands with soap and water frequently for at least 20 seconds; cleaning frequently touched surfaces daily, covering your coughs and sneezes with a tissue, and avoiding touching your face.



## **Notify the employer and/or school of changes in schedule.**

If your child gets sick, talk with teachers about classroom assignments that can be done from home to keep up with schoolwork. Ask your employer to work from home or take leave if you or someone in your household gets sick or your child's school or daycare is temporarily dismissed.



## **Avoid gathering in public places.**

When schools or employers are temporarily dismissed, avoid gathering in groups in public places. This will help slow the spread of COVID-19 in the community.



## **Stay in touch with others by phone or email.**

If you live alone and become sick, you may need help. Stay in touch with family, friends and healthcare providers by phone or telemedicine if possible. Check on those with chronic medical conditions periodically.



## **Stay up-to-date on the latest COVID-19 information.**

Check KDHE's website, [www.kdheks.gov](http://www.kdheks.gov), to stay up to date on the latest COVID-19 information. You can also check the websites and social media pages of your local health department. The CDC website also has resources: [www.cdc.gov](http://www.cdc.gov). Check with employers and schools periodically about potential closings or changes in attendance policies.



## **Take care of your family's emotional health.**

Outbreaks can be stressful for adults and children. Children respond differently to stressful situations than adults. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

# If you are sick with COVID-19



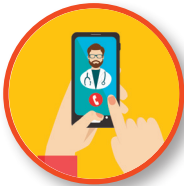
## **Stay home except to get medical care.**

People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis.



## **Separate yourself from other people in your home.**

As much as possible, you should stay in a specific room and away from other people in your home. Use a separate bathroom if you can. Do not share personal household items like dishes, towels, bedding, or eating utensils.



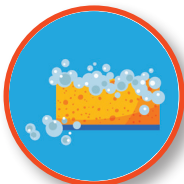
## **Call ahead before visiting your doctor.**

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the provider's office take steps to keep other people from being exposed.



## **Wash your hands often.**

Wash your hands with soap and water for at least 20 seconds frequently, but especially after blowing your nose, coughing or sneezing. Wash your hands before eating or preparing food. If soap and water aren't available, use alcohol-based hand sanitizer with at least 60% alcohol. Avoid touching your face.



## **Clean high-touch surfaces everyday.**

These surfaces include counters, tabletops, doorknobs, bathroom fixtures, phones, keyboards and bedside tables. Use diluted household bleach solutions (4 teaspoons per quart of water), alcohol solutions with at least 70% alcohol, or most common EPA-registered household disinfectants. You can find a list of these disinfectants at <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>.



## **Monitor your symptoms.**

Seek prompt medical attention if your symptoms or illness worsens. Call your healthcare provider ahead of time to let them know you are coming. Call 911 if you have a medical emergency and notify dispatch that you have or are being evaluated for COVID-19.