

Coronavirus Disease 2019 (COVID-19)

How to Protect Yourself & Others

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 serious complications from COVID-19 illness. More information on [Are you at higher risk for serious illness](#).



Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to [spread mainly from person-to-person](#).
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone Should



Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.



Avoid close contact

- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arms' length\) from other people](#).
 - Do not gather in groups.
 - Stay out of crowded places and avoid mass gatherings.
 - Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).



Cover your mouth and nose with a cloth face cover when around others

OTHERS

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [cloth face cover](#) when they have to go out in public, for example to the grocery store or to pick up other necessities.
 - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



Cover coughs and sneezes

- If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect

- Clean AND disinfect [frequently touched surfaces](#) daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common [EPA-registered household disinfectants](#) [↗](#) will work.



Monitor Your Health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.

Stop the Spread of Germs

COVID-19 Stop the Spread of Germs

Help stop the spread of COVID-19 and other respiratory illnesses by following these steps.

Handwashing Resources



Handwashing tips



Hand Hygiene in Healthcare Settings

More information

Symptoms

What to do if you are sick

If someone in your house gets sick

Frequently asked questions

Travelers

Individuals, schools, events, businesses and more

Healthcare Professionals

10 Things You Can Do to Manage COVID-19 at Home

10 Things You Can Do to Manage COVID-19 at Home (ASL Version)

Social Distancing (ASL Video)

ASL Video Series: What You Need to Know About Handwashing

Coronavirus Disease 2019 (COVID-19)

Social Distancing

Keep Your Distance to Slow the Spread

Limiting face-to-face contact with others is the best way to reduce the spread of coronavirus disease 2019 (COVID-19).

What is social distancing?

Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (about 2 arms’ length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

In addition to [everyday steps to prevent COVID-19](#), keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

Limit close contact with others outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you—or they—have no symptoms. Social distancing is especially important for [people who are at higher risk](#) for severe illness from COVID-19.

Many people have personal circumstances or situations that present challenges with practicing social distancing to prevent the spread of COVID-19. Please see the following guidance for additional recommendations and considerations for:

- [Households Living in Close Quarters: How to Protect Those Who Are Most Vulnerable](#)
- [Living in Shared Housing](#)
- [People with Disabilities](#)
- [People Experiencing Homelessness](#)



If you have been exposed or are sick

- [Separate from others to limit the spread of COVID-19](#)
- [Take care of yourself while you’re sick](#)

Why practice social distancing?

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads. COVID-19 can live for hours or days on a surface, depending on factors such as sunlight, humidity, and the type of surface. Social distancing helps limit opportunities to come in contact with contaminated surfaces and infected people outside the home.

Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community.

Tips for social distancing

- Follow guidance from authorities where you live.
- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others. Also consider other options:
 - Use mail-order for medications, if possible.
 - Consider a grocery delivery service.
- Cover your mouth and nose with a [cloth face covering](#) when around others, including when you have to go out in public, for example to the grocery store.
 - Cloth face coverings should NOT be placed on children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.
 - Keep at least 6 feet between yourself and others, even when you wear a face covering.
- Avoid gatherings of any size outside your household, such as a friend’s house, parks, restaurants, shops, or any other place. This advice applies to people of any age, including teens and younger adults. Children should not have in-person playdates while school is out. To help maintain social connections while social distancing, learn [tips to keep children healthy while school’s out](#).
- Work from home when possible. See additional information for [critical infrastructure workforce](#)  from Cybersecurity and Infrastructure Security Agency (CISA).
- Limit using any kind of public transportation, ridesharing, or taxis, if possible. If you must use public transportation, [follow these tips to protect yourself](#).
- If you are a student or parent, talk to your school about options for digital/distance learning.

Stay connected while staying away. It is very important to stay in touch with friends and family that don’t live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult. [Read tips for stress and coping](#).



Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

- Call 911
- Visit the [Disaster Distress Helpline](#)  , call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the [National Domestic Violence Hotline](#)  or call 1-800-799-7233 and TTY 1-800-787-3224

More Information
How to Protect Yourself
Cleaning and Disinfecting Your Home
Gatherings and Community Events

Coronavirus Disease 2019 (COVID-19)

How to Wear Cloth Face Coverings

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with [every day preventive actions](#) and [social distancing](#) in public settings.

- **Who should NOT use cloth face coverings:** children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance
- **Cloth face coverings are NOT surgical masks or N-95 respirators.** Surgical masks and N-95 respirators must be reserved for healthcare workers and other medical first responders, as recommended in CDC guidance.

Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

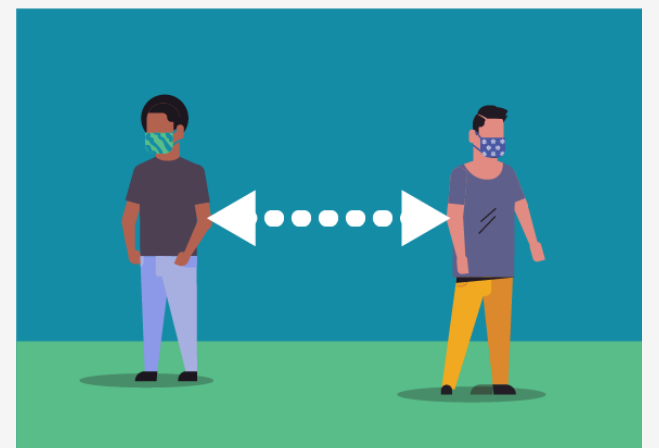


Use the Face Covering to Protect Others

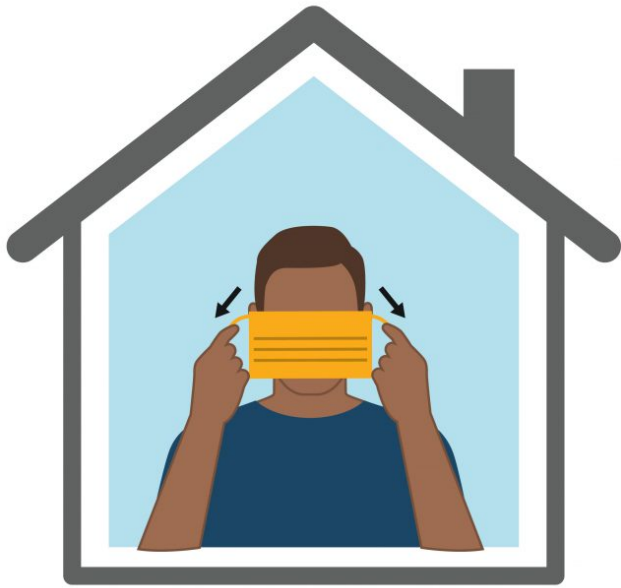
- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- **Don't** put the covering around your neck or up on your forehead
- **Don't** touch the face covering, and, if you do, wash your hands

Follow Everyday Health Habits

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



Take Off Your Cloth Face Covering



Carefully, When You're Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine (learn more about [how to wash cloth face coverings](#))
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Coronavirus Disease 2019 (COVID-19)

Cleaning And Disinfecting Your Home

Everyday Steps and Extra Steps When Someone Is Sick

How to clean and disinfect



Clean

- Wear reusable or disposable gloves for routine cleaning and disinfection.
- Clean surfaces using soap and water, then use disinfectant.
- Cleaning with soap and water **reduces number of germs, dirt and impurities** on the surface. **Disinfecting kills germs** on surfaces.
- Practice routine cleaning of frequently touched surfaces. High touch surfaces include:
 - Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Recommend use of [EPA-registered household disinfectant](#) .
Follow the instructions on the label to ensure safe and effective use of the product. [Read EPA's infographic on how to use these disinfectant products](#) safely and effectively.
Many products recommend:
 - Keeping surface wet for a period of time (see product label)
 - Precautions such as wearing gloves and making sure you have good ventilation during use of the product

Always read and follow the directions on the label to ensure safe and effective use.

- Wear skin protection and consider eye protection for potential splash hazards
- Ensure adequate ventilation
- Use no more than the amount recommended on the label
- Use water at room temperature for dilution (unless stated otherwise on the label)
- Avoid mixing chemical products
- Label diluted cleaning solutions
- Store and use chemicals out of the reach of children and pets

You should never eat, drink, breathe or inject these products into your body or apply directly to your skin as they can cause serious harm. Do not wipe or bathe pets with these products or any other products that are not approved for animal use.

See [EPA's 6 steps for Safe and Effective Disinfectant Use](#)

- **Diluted household bleach solutions may also be used** if appropriate for the surface.
 - Check the label to see if your bleach is intended for disinfection and has a sodium hypochlorite concentration of 5%–6%. Ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening, may not be suitable for disinfection.

- Unexpired household bleach will be effective against coronaviruses when properly diluted.
Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser. **Leave solution** on the surface for **at least 1 minute**.
- To make a bleach solution, mix:
 - 5 tablespoons (1/3rd cup) bleach per gallon of room temperature water

OR

- 4 teaspoons bleach per quart of room temperature water
- Bleach solutions will be effective for disinfection up to 24 hours.
- **Alcohol solutions with at least 70% alcohol may also be used.**



Soft surfaces

For soft surfaces such as carpeted floor, rugs, and drapes.

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.
- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#)  meet EPA's criteria for use against COVID-19.
- **Vacuum as usual.**



Electronics

For electronics, such as tablets, touch screens, keyboards, and remote controls.

- Consider putting a **wipeable cover** on electronics.
- Follow **manufacturer's instruction** for cleaning and disinfecting.
 - If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.



Laundry

For clothing, towels, linens and other items.

- Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick can be washed with other people's items.
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- Remove gloves, and wash hands right away.

Clean hands often



Clean hands often

- **Key times to clean hands**
 - Immediately after removing gloves and after contact with a person who is sick.
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- **Wash your hands often** with soap and water for 20 seconds.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.

Always read and follow the directions on the label to ensure safe and effective use.

- Keep hand sanitizers away from fire or flame
- For children under six years of age, hand sanitizer should be used with adult supervision
- Always store hand sanitizer out of reach of children and pets

See [FDA's Tips for Safe Sanitizer Use](#) and [CDC's Hand Sanitizer Use Considerations](#)

- **Avoid touching** your eyes, nose, and mouth with unwashed hands.

When someone is sick



Bedroom and bathroom

Keep **separate bedroom and bathroom** for a person who is sick (if possible).

- The person who is sick should stay separated from other people in the home (as much as possible).
- **If you have a separate bedroom and bathroom:** Wear disposable gloves and only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.
 - Caregivers can **provide personal cleaning supplies** to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and [EPA-registered disinfectants](#). If they feel up to it, the person who is sick can clean their own space.
- **If shared bathroom:** The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
- See [precautions for household members and caregivers](#) for more information.



Food

- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using disposable gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- [Clean hands](#) after taking off gloves or handling used items.

Trash



- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use disposable gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

More details: [Complete Disinfection Guidance](#)

More Information

[Symptoms](#)

[Get your home ready](#)

[What to do if you are sick](#)

[Schools, workplaces, and community locations](#)

[Frequently asked questions](#)

[Healthcare professionals](#)

[COVID-19 and Animals](#)

Coronavirus Disease 2019 (COVID-19)

People Who Are at Higher Risk for Severe Illness

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, **older adults and people of any age who have serious underlying medical conditions** might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- [People 65 years and older](#)
- People who live in a nursing home or long-term care facility

People of all ages with [underlying medical conditions, particularly if not well controlled](#), including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease



Older Adults



People with Asthma



At Risk For Severe Illness



People with HIV



People with Liver Disease



People Who Are
Immunocompromised

COVID-19: Are You at Higher Risk for Severe Illness?

Resources

- [ASL Video Series: COVID-19: Are You at Higher Risk for Severe Illness?](#)
- [Learn how you can help protect yourself if you are at higher risk of severe illness from COVID-19](#) 

Coronavirus Disease 2019 (COVID-19)

What to Do If You Are Sick

Updated May 8, 2020

If you have a fever, cough or [other symptoms](#), you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.

- Keep track of your symptoms.
- If you have [an emergency warning sign](#) (including trouble breathing), get emergency medical care immediately.



Self-Checker

A guide to help you make decisions and seek appropriate medical care.

Steps to help prevent the spread of COVID-19 if you are sick

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](#).
- See [COVID-19 and Animals](#) if you have questions about pets.



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.

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.



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**, 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.
- [Handwashing Tips](#)



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 [here](#) .
 - [Complete Disinfection Guidance](#)



When it’s Safe to be Around Others After Being Sick with COVID-19

Deciding when it is safe to be around others is different for different situations. Find out when you can [safely end home isolation](#).

For any additional questions about your care, contact your healthcare provider or state or local health department.



For healthcare professionals

There is no specific antiviral treatment recommended for COVID-19. People with COVID-19 should receive supportive care to help relieve symptoms. For severe cases, treatment should include care to support vital organ functions.

- [Evaluating and Testing Patients for COVID-19](#)
- [Infection Prevention and Control in Healthcare Settings](#)
- [Discontinuing Isolation Guidance](#)

Print Resources



Caring for yourself at home: 10 things to manage your health

What you can do if you have possible or confirmed COVID-19:

- [English](#) [1 page]
- [Spanish](#)
- [Chinese](#)
- [Vietnamese](#)
- [Korean](#)

More information

[Travelers](#)

[Households](#)

[People Who Need Extra Precautions](#)

[People Who Are Sick](#)

[Caregivers](#)

[Schools](#)

[Businesses](#)

[Healthcare Professionals](#)

[Health Departments](#)

[Laboratories](#)

[ASL Video Series: Use the Coronavirus Self Checker](#)

What should I do if I think I might have COVID-19?

If you recently started having any of the symptoms below, call your doctor to be evaluated for testing or visit a testing location. It can take up to 14 days after being exposed to someone with COVID-19 for you to feel symptoms, such as:

- Fever, cough, shortness of breath/trouble breathing
- Chills, night sweats, sore throat, muscle/body aches
- Loss of taste or smell, headache, confusion, vomiting, diarrhea

Who Should Get Tested?

- Anyone experiencing any of the COVID-19 symptoms above should get tested.
- Anyone, whether or not they have symptoms, who has been exposed to someone who was confirmed to have COVID-19 should get tested right away.

The Public Health Department is also recommending testing for the following groups of people even if they do not have any symptoms:

- Any front line or healthcare worker who regularly interacts with members of the public and cannot maintain social distancing at work should ideally get tested once a month.
 - This may include those who work in healthcare, homeless shelters, jails and other custodial settings, food banks, public safety/emergency response, food service, grocery, construction, delivery, janitorial, transit, or social work, among other jobs.
 - This does not include those who are able to maintain social distancing while at work, such as essential workers who work in a back office.
- Any person who works in a skilled nursing facility should ideally get tested every two weeks.

If you do not have a Doctor or Health Insurance?

- Call [1-888-334-1000](tel:1-888-334-1000) (toll-free) > select your language > then press 9 to hear options and speak with an advice nurse who can help you find care.
- Call [\(866\) 967-4677](tel:866-967-4677) (toll-free) to speak with a Financial Counselor to learn about free or low-cost health coverage and insurance programs for you and your family.

COVID-19 Testing - Hospitals and Clinics

If you do not have or were unable to be tested by your doctor, you can also [visit a community testing site](#).

- Asian Americans for Community Involvement (AACI): 408-975-2730
- Indian Health Center of Santa Clara Valley: 408-445-3400

- Indian Health Center of Santa Clara Valley Pediatric Center: 408-947-2929
- Mar Monte Community Clinic: 408-274-7100, option #5
- Mayview Community Health Center: 650-475-1508
- Planned Parenthood Mar Monte (Blossom Hill, San Jose, & Mountain View Health Centers): 877-855-7526, option #5
- North East Medical Services (NEMS) Lundy Clinic: 415-391-9686, option #1
- Peninsula Healthcare Connection: 650-853-0321
- School Health Clinics
 - Gilroy Neighborhood Health Center: 408-842-1017
 - Overfelt Neighborhood Health Center: 408-347-5988
 - Washington Neighborhood Health Center: 408-295-0980
- Santa Clara Valley Medical Center Clinics & Hospitals: 1-888-334-1000.
- Stanford Health Care: 650-498-9000
- Kaiser patients: 408-554-9800
- Regional Medical Center: 408-259-5000
- Good Samaritan Hospital: 408-559-2011
- El Camino Hospital: 650-940-7000
- Palo Alto Medical Foundation (PAMF): 866-961-2889
- Veterans Affairs Palo Alto Healthcare System: 650-493-5000

Santa Clara County Health and Hospital System - Various Valley Medical Center (VMC) Locations

The County of Santa Clara is making COVID-19 testing fast and free. Protect yourself and your family by scheduling a test at one of our drive thru test sites throughout Santa Clara County. To schedule your appointment, select your preferred location and complete the form below. Multiple testing sites are offered throughout the County of Santa Clara. You will have the option to select from available locations and appointments. Anyone can be tested, there are no requirements for testing criteria, insurance, or immigration status.

Appointments are available 7 days a week.

- Santa Clara Valley Medical Center (SCVMC) - Milpitas Library Parking Structure, 160 N. Main Street, Milpitas, CA 95035 (appointments M-F)
- St. Louise Regional Hospital - DePaul Health Center, 18550 De Paul Dr., Morgan Hill, CA 95037
- Santa Clara Valley Medical Center (SCVMC) - Valley Health Center Downtown, 777 E Santa Clara Street, San Jose, CA 95112
- Santa Clara Valley Medical Center (SCVMC) - Valley Health Center East Valley, 1993 McKee Road, San Jose, CA 95116

Or call 1-888-334-1000 to make an appointment in English, Spanish, Vietnamese or Chinese

Verily (Project Baseline) – Santa Clara County Fairgrounds and PAL Stadium

Community testing is currently available at the Santa Clara County Fairgrounds (344 Tully Road) and at the [San José PAL Stadium](#) (680 S 34th Street) to anyone who meets the testing criteria, which includes individuals with symptoms, and asymptomatic workers in specific fields. Both sites will operate from 9am to 3pm, Monday through Friday. Visit their [screening tool](#) to determine if you are eligible for these services. Testing at the Fairgrounds is a free, drive-through service. Testing at the PAL Stadium will be a free walk-up and drive-through service for participants walking or driving to the location. This testing is offered through [Project Baseline](#), a project of the State of California and Verily.

OptumServe Testing Sites @ James Lick and Christopher High Schools

Community testing is also available at James Lick High School in San Jose (2951 Alum Rock Avenue) and Christopher High School in Gilroy (850 Day Road). Both sites will operate from 7am – 12pm and 1pm – 7pm, Monday through Friday. Tests are by appointment only. Appointments can be made in English and Spanish by calling 1-888-634-1123 or visiting lhi.care/covidtesting. Anyone who meets the testing criteria can be tested regardless of insurance or immigration status. These sites are a collaborative effort between the County of Santa Clara, State of California, OptumServe (the private contractor operating the sites) and the Santa Clara County Office of Education.

Roots Community Health Center at Antioch Baptist Church

Open to the community on Wednesdays from 10 am – 3pm. Registration preferred, but not mandatory. Call 408-490-4710 or register at <https://rootsclinic.org/covid-19-testing-south-bay/>.

I Have Tested Positive for COVID-19: What do I do?

1. Continue to monitor your symptoms

- If you are over 50 or have a condition that puts you at higher risk for severe disease, monitor your illness even more closely and discuss any concerns with your doctor.
- The most common symptoms include fever, cough, and shortness of breath. Other symptoms can include chills, night sweats, sore throat, nausea, vomiting, diarrhea, tiredness, muscle or body aches, headaches, confusion, or loss of sense of taste/smell.
- If your symptoms get worse, you have difficulty breathing, or you develop other concerning symptoms, call your doctor.
- If you can't reach your doctor, first try to leave a message with your doctor's emergency/after-hours answering service. If this option is not available, you may contact the Santa Clara Valley Medical Center, Valley Connections Line at 1-888-334-1000 and ask to speak to an advice nurse. Do not go to the emergency room or urgent care without an appointment.
- If it is an emergency, call 911. If you have been tested, tell them you are awaiting results.
- Some emergency warning signs are trouble breathing, persistent pain/pressure in the chest, confusion or being unable to wake up, and bluish face or lips.

2. Self-isolate for 14 days and until your illness is better

- Remain isolated at home until at least 14 days have passed since the date of their positive COVID-19 test result AND, if ever symptomatic, at least 7 days have passed since recovery (resolution of fever and substantial improvement in respiratory symptoms).
- **While at home, stay in a separate room with the door closed and away from other people in your household. Use a separate bathroom, if available.**
- If a separate bathroom is not available, use the bathroom last after others, and then wipe down everything you touched afterwards.
- Wear a face covering if you must be around other people at home. A bandana, scarf, or homemade cloth mask may be used. If you are not able to wear a covering, then people should not be in the same room with you. The time spent with other members of your household should be very limited.
- Clean your hands often with soap and water or alcohol-based hand sanitizer.
- Cover coughs and sneezes with a tissue and throw away used tissue in a lined trash can. Wash hands thoroughly with soap and water afterward.
- Avoid sharing personal household items like dishes, glasses, or bedding.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.

3. **People who live with you should self-quarantine for 14 days**

- Household members should self-quarantine for **14 days after their last close contact with you while you were sick, before you started your isolation in a separate room.**
- During the quarantine period, they can stay at home but should separate as much as possible from you. If possible, they should stay in separate rooms and use a separate bathroom.
- As always, everyone in the home should **follow the instructions of the County of Santa Clara shelter-in-place order.**
- If they need to go out of the house, they should practice **strict social distancing** and avoid contact with others.

4. **During the quarantine period, your household contacts should monitor themselves for symptoms**

- If they develop fever, cough, or other symptoms, they should call their doctor.
- Before visiting a hospital, emergency room, or doctor's office, they should call ahead to notify the provider that another household member was recently diagnosed with COVID-19.
- If your household contact develops fever, cough, or other respiratory symptoms but does not get tested for COVID-19, they should **remain isolated at home until at least 3 days after fever is gone and other symptoms are better.**



COVID-19 Training Packet Acknowledgment

I acknowledge that I have read the COVID-19 Training Packet available in BambooHR.

I am aware that hard copies of this material are also available at RAFT's front office and Staff Locker Room.

I understand that if I have COVID-19 symptoms or believe that I have been exposed, I will notify my supervisor immediately and self-quarantine at home. I will also contact my health provider for further guidance.