THE BULLYAN
CENTER FOR

Udac

COVID-19 Pandemic
Preparedness Plan

June 1, 2020 revised

4724 Mike Colalillo Drive, Duluth, MN 55807

CHALLENGE.
CREATE.
CULTIVATE.

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COVID-19 Preparedness Plan – Udac, Inc.

Executive Order 20-40, issued by Gov. Tim Walz on April 23, 2020, requires each business in operation during the peacetime emergency establish a "COVID-19 Preparedness Plan."

A business's COVID-19 Preparedness Plan shall establish and explain the necessary policies, practices and conditions to meet the Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19 and federal Occupational Safety and Health Administration (OSHA) standards related to worker exposure to COVID-19. The plan should have the strong commitment of management and be developed and implemented with the participation of workers.

The COVID-19 Preparedness Plan must include and describe how your business will implement at a minimum the following:

1.   infection prevention measures;
2.   prompt identification and isolation of sick persons;
3.   engineering and administrative controls for social distancing;
4.   housekeeping, including cleaning, disinfecting and decontamination;
5.   communications and training for managers and workers necessary to implement the plan; and
6.   provision of management and supervision necessary to ensure effective ongoing implementation of the plan.

The Udac COVID-19 Preparedness Plan defers to the most current information from the CDC and the Minnesota Department of Health websites. Information is subject to change as more is learned from these organizations. Keeping this document current is a fluid process.

Udac, Inc. is committed to providing a safe and healthy workplace for all of our employees. To ensure that, we have developed the following Preparedness Plan in response to the COVID-19 pandemic. Managers and employees are each responsible for implementing this plan. No plan can guarantee the prevention of a COVID-19 illness. Our goal is to mitigate the potential for transmission of COVID-19 in our workplaces, and that requires full cooperation among employees and management. Only through this cooperative effort can we establish and maintain the safety and health of our employees and workplaces.

Management and employees are responsible for implementing and complying with all aspects of this Preparedness Plan. Udac, Inc. managers and supervisors have our full support in enforcing the provisions of this policy.

Udac, Inc. employees are our most important assets. We are serious about safety and health and keeping our workers working at Udac, Inc. Employee involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan.

We have involved Udac employees in developing this plan by inviting input into the plan and incorporating suggestions and feedback. Comments and suggestions for enhancing this plan are welcome and encouraged at all times. It is encouraged that suggestions be submitted in writing. The Udac safety committee will also review this

plan as part of their work. Changes will be made as additional information becomes available and updates are required. Our Preparedness Plan follows Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines and federal OSHA standards related to COVID-19 and addresses:

- hygiene and respiratory etiquette;
- engineering and administrative controls for social distancing;
- housekeeping – cleaning, disinfecting and decontamination;
- prompt identification and isolation of sick persons;
- communications and training that will be provided to managers and employees; and
- management and supervision necessary to ensure effective implementation of the plan.

Screening and Policies for Employees Exhibiting Signs and Symptoms of COVID-19

Employees have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess employees' health status prior to entering the workplace, this includes community support roles, and for employees to report when they are sick or experiencing symptoms.

Employees working in the community at jobs and in businesses will follow these screening policies and also follow any additional business screening and infection prevention measures when instructed. Businesses and employers must provide guidance and orientation to Udac staff and individuals served on screening and prevention measures required for their business. Udac employees will inquire about screening and hygiene requirements for each business when working in community roles.

This policy emphasizes individual responsibility for implementing recommended personal-level actions:

1. All employees are asked to monitor their temperature every morning and evening at home. Temperatures should be taken prior to arriving at Udac, Inc. or reporting to a community job.
2. Employees must be able to answer no to these questions:
   Have you been within 6 feet for 10 minutes or more of someone diagnosed with COVID-19 in the last 14 days?
   a. Do you live with someone who has been diagnosed with COVID-19 and is under quarantine?
   b. In the last 3 days have you experience any of the COVID-19 symptoms below? (Not associated with allergies and not treated by a doctor where a return-to-work release was issued.)

COVID-19 Symptom Assessment:
Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough (new)
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever of 100.4 or more
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Employees experiencing one or more of these symptoms should not report to work and should notify their supervisor, executive director or director of strategy as soon as possible.

Employees will sign in upon arrival to Udac at 4724 Mike Colalillo Dr., verifying that their symptom assessment is negative. (All answers to the questions are no.) Should an employee experience symptoms at work, they will immediately notify their supervisor, executive director or director of strategy. As soon as it is safe to do so the employee will be isolated in the designated area (TBD). A temperature will be taken and symptom assessment form completed and if appropriate, the employee will be sent to the COVID-19 screening center and home. A face mask will be provided if not already in use.

Emergency warning signs* for COVID-19 - get **medical attention immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- 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 before you go to the emergency room or health care facility. **Call 911 if you have a medical emergency:** Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

Udac, Inc. has implemented leave policies that promote employees staying at home when they are sick, when household members are sick, or when required by a health care provider to isolate or quarantine themselves or a member of their household.

Families First Coronavirus Response Act: Employee Paid Leave Rights will be followed: https://www.dol.gov/sites/dolgov/files/WHD/posters/FFCRA_Poster_WH1422_Non-Federal.pdf

PTO may be used as appropriate.

Employees with underlying medical conditions or who have household members with underlying health conditions may request tele-work as appropriate. Medical grade face masks will be provided if they are available for individuals in direct care situations.

Udac, Inc. has also implemented a policy for informing workers if they have been exposed to a person with COVID-19 at their workplace and requiring them to quarantine for the required amount of time.

Employees exposed to an individual with known COVID-19 will be notified by the executive director or the director of strategy. The Minnesota Department of Health (MDH) will be notified. Recommendations of the MDH will be followed. Confidentiality of the individuals involved will be maintained. Information regarding a COVID-19 diagnosis will be shared with others on a need-to-know basis; Udac, Inc. leadership, St. Louis Co. Public health and others as appropriate.

Employees may return to work under the following conditions outlined by the CDC
https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

People with COVID-19 who have stayed home (home isolated) can leave home under the following conditions**:

- If you have not had a test to determine if you are still contagious, you can leave home after these three things have happened:
  - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)
    AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)
    AND
  - at least 10 days have passed since your symptoms first appeared
- If you have had a test to determine if you are still contagious, you can leave home after these three things have happened:
  - You no longer have a fever (without the use of medicine that reduces fevers)
    AND
  - other symptoms have improved (for example, when your cough or shortness of breath have improved)
    AND
  - you received two negative tests in a row, at least 24 hours apart. Your doctor will follow CDC guidelines.

People who DID NOT have COVID-19 symptoms, but tested positive and have stayed home (home isolated) can leave home under the following conditions**:

- If you have not had a test to determine if you are still contagious, you can leave home after these two things have happened:
  - At least 10 days have passed since the date of your first positive test
    AND
  - you continue to have no symptoms (no cough or shortness of breath) since the test.
- If you have had a test to determine if you are still contagious, you can leave home after:
  - You received two negative tests in a row, at least 24 hours apart. Your doctor will follow CDC guidelines.

Note: if you develop symptoms, follow guidance above for people with COVID19 symptoms.

**In all cases, follow the guidance of your doctor and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments.

Confidentiality of the individuals involved will be maintained. Information will be shared on a need-to-know basis. Medical information and identification of individuals will follow HIPPA guidelines.

Handwashing

Basic infection prevention measures are being implemented at our workplaces at all times. Workers are instructed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their shift, prior to any mealtimes and after using the toilet. All visitors to the facility will be required to wash their hands prior to or immediately upon entering the facility. Some workplaces may have hand-sanitizer dispensers (that use sanitizers of greater than 60% alcohol) that can be used for hand hygiene in place of soap and water, as long as hands are not visibly soiled.

All community rooms at Udac are equipped with hand-sanitizer dispensers. The majority of the time these dispensers are at the doorway. Employees should use hand-sanitizer when entering and leaving each room. Sinks have soap and hand-sanitizers dispensers at them. These dispensers will be checked by the cleaning service daily. Employees should immediately notify administration if a dispenser needs attention; not functional or empty. In addition, there are many bottles of hand-sanitizer throughout the building and at the front desk. Employees are encouraged to carry personal size hand-sanitizers.

Respiratory etiquette: Cover your cough or sneeze

Employees and visitors are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash and wash or sanitize their hands immediately afterward. Respiratory etiquette will be demonstrated on posters and supported by making tissues and trash receptacles available to all workers and visitors.

All employees are responsible for individual hygiene and for environmental cleaning. Each morning/day employees will be reminded of the importance of respiratory etiquette, social distancing, handwashing or hand-sanitizing, environmental and ongoing housekeeping activities and personal health monitoring at report. Posters will be displayed throughout the building. A schedule of employees responsible for room assignments and cleaning is made daily. The process of cleaning and wiping down the room is available in the room.

The importance of respiratory etiquette, social distancing, handwashing or hand-sanitizing, environmental and ongoing housekeeping activities and personal health monitoring is covered in orientation and in ongoing employee training.

Social distancing

Social distancing is being implemented in the workplace through the following engineering and administrative controls:

Workers and visitors are prohibited from gathering in groups and confined areas, including elevators, and from using other workers' personal protective equipment, phones, computer equipment, desks, cubicles, workstations, offices or other personal work tools and equipment without disinfecting between uses.

The Udac building will be open Monday – Thursday. Employees will wear facemasks in community areas of the building. Facemasks are optional in offices. Front desk phone and area will be wiped down after each use. Common pens and pencils will be stored in a sanitized container and a dirty container. Security alarm key pad, front door handles and other frequently touched or used areas will be wiped down. Additional precautions will be implemented as opportunities are identified.

Housekeeping

Regular housekeeping practices, including routine cleaning and disinfecting of work surfaces and areas in the work environment, including restrooms, break rooms, lunch rooms and meeting rooms will be done. Employees will participate in cleaning common areas using a checklist and documenting completion.

Frequent cleaning and disinfecting will be conducted in high-touch areas, such as phones, keyboards, touch screens, controls, door handles, elevator panels, railings, copy machines, etc. All employees will participate in cleaning frequently touched areas.

Use of the stairs is the first priority. Independent use of the elevator by employees or individuals served is preferred. The elevator will be limited in use. When two individuals are in the elevator one must be a staff person accompanying the individual needing assistance. The elevator panel and handrails will be disinfected daily when used.

Refrigerators and microwaves will not be used at any time.

Employees are responsible to routinely wipe down and clean their work space and the physical building environment with approved products.

 1. First, clean dirt off of the surface. Then wipe the surface with disinfectant. Leave the surface you are cleaning wet with disinfectant for as many minutes as the product instructions require. This step is key, and people often miss this important step. It is not enough to just wipe a surface with a rag dampened with disinfectant.

2. Clean high-touch areas such as door handles, phones, remote controls, light switches and bathroom fixtures. Clean horizontal surfaces such as countertops, kitchen tables, desktops and other places where cough droplets could land frequently. The most important factors to disinfecting are cleaning frequently, thoroughly, and using the cleaning product correctly.

3. Follow standard procedures for cleaning and disinfecting. Always follow the disinfectant manufacturer's instructions for use, including as appropriate:

- Use the proper concentrations of disinfectant
- Allow required wet contact time
- Pay close attention to hazard warnings and instructions for using personal protective items such as gloves and eye protection
- Use disinfectants in a sufficiently ventilated space
- Follow the safety data sheets (SDS) for each disinfectant chemical

Because the transmissibility of COVID-19 from contaminated environmental surfaces and objects is not fully understood, carefully evaluate whether or not areas occupied by people suspected to have virus may have been contaminated and whether or not these areas need to be decontaminated in response.

How to clean and disinfect
https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html

Hard (Non-porous) Surfaces

- Wear disposable gloves when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning. If reusable gloves are used, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other purposes. Consult the manufacturer's instructions for cleaning and disinfection products used. Clean hands immediately after gloves are removed.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, most common EPA-registered household disinfectants should be effective.
  - A list of products that are EPA-approved for use against the virus that causes COVID-19 is available herepdf iconexternal icon. Follow manufacturer's instructions for all cleaning and disinfection products for (concentration, application method and contact time, etc.).
  - Additionally, diluted household bleach solutions (at least 1000ppm sodium hypochlorite) can be used if appropriate for the surface. Follow manufacturer's instructions for application, ensuring a contact time of at least 1 minute, and allowing proper ventilation during and after application. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- Prepare a bleach solution by mixing:
  - 5 tablespoons (1/3rd cup) bleach per gallon of water or
  - 4 teaspoons bleach per quart of water
- Bleach solutions will be effective for disinfection up to 24 hours.

Soft (Porous) Surfaces

- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning:
  - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.

- Otherwise, use products [that are EPA-approved for use against the virus that causes COVID-19pdf iconexternal icon](#) and that are suitable for porous surfaces.

Electronics

- For electronics such as cell phones, tablets, touch screens, remote controls, and keyboards, remove visible contamination if present.
    - Follow the manufacturer's instructions for all cleaning and disinfection products.
    - Consider use of wipeable covers for electronics.
    - If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 70% alcohol to disinfect touch screens. Dry surfaces thoroughly to avoid pooling of liquids.

Linens, clothing, and other items that go in the laundry

- Wear disposable gloves when handling dirty laundry and then discard after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection of surfaces for COVID-19 and should not be used for other household purposes. [Clean hands](#) immediately after gloves are removed.
    - If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
    - If possible, do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
    - Launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
    - Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

Transportation – managing vehicles for community jobs

- Have disinfecting wipes and disposable gloves in the vehicle to wipe down high touch areas.
- Hand sanitizer is recommended to be available in the vehicle.
- Hand sanitizer will not be stored in the vehicle to avoid exposure to extreme heat or cold.
- Use disinfecting wipes on commonly touched areas such as the steering wheel, door handles, window switches and infotainment screens. Follow label directions to make sure surfaces are not harmed. Use soap and water as an alternative.
- Have all parties wear a mask while in the vehicles.
- Have client sit in the backseat of the vehicle farthest from the driver.
- If weather permits open a window for better ventilation.
- When you get to the destination wipe off commonly touch areas again.
- Before re-entering the vehicle ensure masks are on.
- Wipe commonly touch areas upon exiting the vehicle.

SUMMARY: The spread of respiratory viruses can be greatly reduced by hygiene measures (hand hygiene, cleaning), barriers to transmission (masks, gloves, eye protection, gowns), and isolation of infected persons (social distancing). Managers and employees are each responsible for implementing this plan. No plan can guarantee the prevention of a COVID-19 illness. Our goal is to mitigate the potential for transmission of COVID-19 in our workplaces, and that requires full cooperation among employees and management. Only through this cooperative effort can we establish and maintain the safety and health of our employees and workplaces.

Communications and training

This Preparedness Plan was communicated **in writing and/or discussion** to employees **on June 1, 2020** and necessary training was provided. Additional communication and training will be ongoing through RELIAS training platform, communication of the updated pandemic plan and in-service education and will be provided to all workers who did not receive the initial training. Managers and supervisors are to monitor how effective the program has been implemented by **thorough observation and assessment of effective implementation by employees supervised.** Management and employees are to work through this new program together and update the training as necessary. This Preparedness Plan has been certified by **Udac, Inc.** administration and was posted throughout the workplace May 2020. It will be updated as necessary.

Certified by:

Karen Herman
Executive Director

Resources Guidance for developing a COVID-19 Preparedness Plan

General

www.cdc.gov/coronavirus/2019-nCoV

www.health.state.mn.us/diseases/coronavirus

www.osha.gov

www.dli.mn.gov

Handwashing

www.cdc.gov/handwashing/when-how-handwashing.html

www.cdc.gov/handwashing

https://youtu.be/d914EnpU4Fo

Respiratory etiquette: Cover your cough or sneeze

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html

www.health.state.mn.us/diseases/coronavirus/prevention.html

www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

Social distancing

www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html

www.health.state.mn.us/diseases/coronavirus/businesses.html

Housekeeping

www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html

www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2

www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

Employees exhibiting signs and symptoms of COVID-19

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

www.health.state.mn.us/diseases/coronavirus/basics.html

Training

www.health.state.mn.us/diseases/coronavirus/about.pdf

www.cdc.gov/coronavirus/2019-ncov/community/guidance-small-business.html

www.osha.gov/Publications/OSHA3990.pdf

Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT 2

The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT 5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: **www.cdc.gov/COVID19**

CS 315446-A   03/04/2020

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a / **1b**
Apply a palmful of the product in a cupped hand, covering all surfaces;

2
Rub hands palm to palm;

3
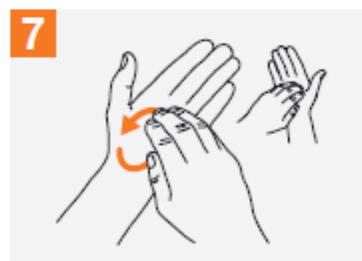Right palm over left dorsum with interlaced fingers and vice versa;
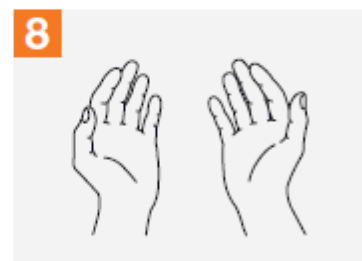
4
Palm to palm with fingers interlaced;

5
Backs of fingers to opposing palms with fingers interlocked;

6
Rotational rubbing of left thumb clasped in right palm and vice versa;

7
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8
Once dry, your hands are safe.

World Health Organization | **Patient Safety** A World Alliance for Safer Health Care | **SAVE LIVES** Clean **Your** Hands

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use. WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

May 2009

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

🕐 **Duration of the entire procedure:** 40-60 seconds
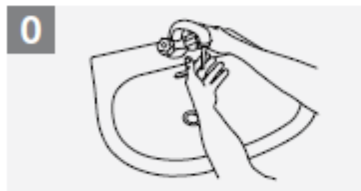
0 Wet hands with water;

1 Apply enough soap to cover all hand surfaces;

2 Rub hands palm to palm;

3 Right palm over left dorsum with interlaced fingers and vice versa;

4 Palm to palm with fingers interlaced;

5 Backs of fingers to opposing palms with fingers interlocked;

6 Rotational rubbing of left thumb clasped in right palm and vice versa;

7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
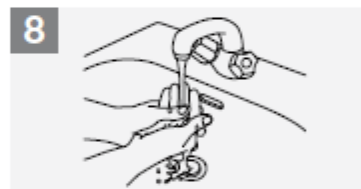
8 Rinse hands with water;

9 Dry hands thoroughly with a single use towel;
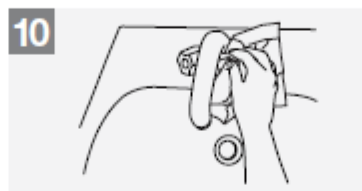
10 Use towel to turn off faucet;

11 Your hands are now safe.

World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean **Your** Hands

May 2009
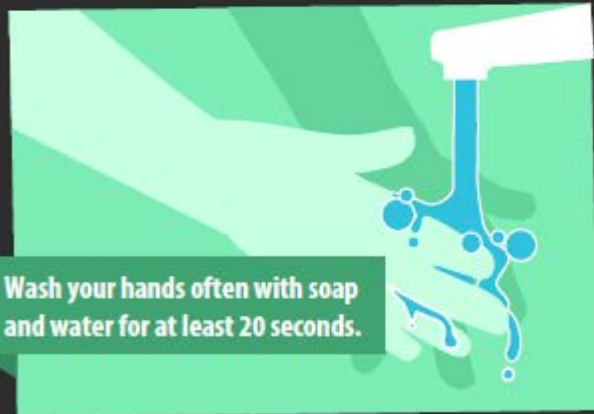
SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

COUGH

*Symptoms may appear 2-14 days after exposure.

SHORTNESS OF BREATH

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: **www.cdc.gov/COVID19-symptoms**

CS 315252-A   03/03/2020

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also 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 possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of
- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

CS 314937-A 03/03/2020

For more information: **www.cdc.gov/COVID19**

Important Information About Your Cloth Face Coverings

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread of SARS-CoV-2, the virus that causes COVID-19. In the context of community transmission, CDC recommends that you:

Stay at home as much as possible

6 ft — **Practice social distancing** (remaining at least 6 feet away from others)

Clean your hands often

In addition, CDC also recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have any symptoms. 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.

How cloth face coverings work

Cloth face coverings prevent the person wearing the mask from spreading respiratory droplets when talking, sneezing, or coughing. If everyone wears a cloth face covering when out in public, such as going to the grocery store, the risk of exposure to SARS-CoV-2 can be reduced for the community. Since people can spread the virus before symptoms start, or even if people never have symptoms, wearing a cloth face covering can protect others around you. Face coverings worn by others protect you from getting the virus from people carrying the virus.

How cloth face coverings are different from other types of masks

Cloth face coverings are NOT the same as the medical facemasks, surgical masks, or respirators (such as N95 respirators) worn by healthcare personnel, first responders, and workers in other industries. These masks and respirators are personal protective equipment (PPE). Medical PPE should be used by healthcare personnel and first responders for their protection. Healthcare personnel and first responders should not wear cloth face coverings instead of PPE when respirators or facemasks are indicated.

N95 respirator   Cloth covering

General considerations for the use of cloth face coverings

When using a cloth face covering, make sure:

- The mouth and nose are fully covered
- The covering fits snugly against the sides of the face so there are no gaps
- You do not have any difficulty breathing while wearing the cloth face covering
- The cloth face covering can be tied or otherwise secured to prevent slipping

Avoid touching your face as much as possible. Keep the covering clean. Clean hands with soap and water or alcohol-based hand sanitizer immediately, before putting on, after touching or adjusting, and after removing the cloth face covering. Don't share it with anyone else unless it's washed and dried first. You should be the only person handling your covering. Laundry instructions will depend on the cloth used to make the face covering. In general, cloth face coverings should be washed regularly (e.g., daily and whenever soiled) using water and a mild detergent, dried completely in a hot dryer, and stored in a clean container or bag.

For more information, go to: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html

cdc.gov/coronavirus

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