

# COVID-19 FACT SHEET

For Individuals

March 9, 2020

## SYMPTOMS

The symptoms of COVID-19 are similar to symptoms of flu and other respiratory illnesses. Only a healthcare provider can determine the cause of your symptoms. Those symptoms can include:

- Fever
- Cough
- Shortness of breath



## CHECK THE MOST UP-TO-DATE RESOURCES

The CDC maintains the most up-to-date, helpful information for the public on COVID-19 here:

<https://www.cdc.gov/coronavirus/2019ncov/community/index.html>

## CALL YOUR LOCAL HEALTH DEPARTMENT FOR ASSISTANCE

Wellfleet Health  
Department  
508-349-0308

## IF YOU FEEL OK:

- Avoid close contact with people who are sick.
- Avoid touching your nose, or mouth. People do this all day long unconsciously – try to be mindful of the urge and hold back.
- Clean and disinfect frequently touched objects including cell phones and surfaces using an EPA-approved household cleaning spray or wipe (the CDC has a list of disinfectants on their website).
- Cover a cough or sneeze with a tissue, throw the tissue in the trash, then wash your hands.
- Use your clothes/elbow only if there are no tissues. Still wash your hands.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Always wash hands with soap and water if hands are visibly dirty.

## IF YOU FEEL LIKE YOU MIGHT HAVE A RESPIRATORY ILLNESS:

Follow the steps above and...

- Stay home. Restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas.
- If you have a medical appointment, call the healthcare provider and tell them that you are having symptoms of respiratory illness. This will help the healthcare provider's office take steps to keep other people from exposure.
- If you have an emergency and need to call 911, notify the dispatch personnel that you are having symptoms of respiratory illness.

## IF YOU ARE PRACTICING ISOLATION:

Follow all instructions from your local public health nurse or official, and the steps above. What follows is general advice that may not suit your specific situation.

- Follow CDC guidance on how to prevent the spread of COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19.
- Separate yourself from other people and animals (except service animals) in your home. If possible, use a different bathroom.
- Wear a face mask around other people in your home or at a medical appointment.
- Stay in touch with your friends and family through the phone or internet. Feeling socially isolated can make symptoms feel worse.
- Call your local health department if you need food, medication, other basic needs, crisis counseling or other mental health services.

Household members of someone under quarantine or isolation should follow the CDC guidelines available here: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

# COVID-19 FACT SHEET

For Businesses

March 9, 2020

## SYMPTOMS

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- Fever
- Cough
- Shortness of breath



## CHECK THE MOST UP-TO-DATE RESOURCES

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## CALL YOUR LOCAL HEALTH DEPARTMENT FOR ASSISTANCE

Wellfleet Health  
Department  
508-349-0308

## TO REDUCE THE SPREAD OF VIRUSES AT YOUR BUSINESS:

The CDC has guidelines for businesses and employers here: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

- Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. Use cleaning agents that are commonly used in these areas and follow the directions on the label.
  - Door handles and light switches are some of the most frequently touched surfaces.
  - Disinfect any surfaces that may have blood, stool, or body fluids on them.
- Install methods of opening doors, especially bathroom doors, that don't require handles such as automatic doors or door foot pulls.
  - Or place paper towels and trash cans near restroom doors with handles so that patrons can open them with paper towels.
- Actively encourage sick employees to stay home, and ensure your employees have the means to stay home if they show symptoms (allow telecommuting or call outs, have employees on reserve, pay them to stay home sick).
- Limit the use of cell phones while on the job and provide wipes to clean them.
- Provide cleaning/maintenance staff with personal protective equipment (gloves, eye protection, masks, etc.).

## IF A PATRON OF YOUR ACCOMMODATIONS DEVELOPS RESPIRATORY SYMPTOMS:

- Direct them to make an appointment with a local health care provider and ask them to tell the provider's office that they are having symptoms of respiratory illness.
- Call your local health department for guidance on cleaning and other infection control precautions.