Background Information

When a brand-new pandemic emerges, there are non-medical interventions, also know as community mitigation strategies, that can be readily available and effective to help slow transmission of the virus in our community. These strategies are especially important before a vaccine or drug becomes widely available.

Things You can do to help Slow Virus Transmission and Keep You and Your Family Healthy

1. Handwashing
   Use soap and water, scrub hands for 20 seconds (sing Happy Birthday twice, sing the chorus of Take Me Home Country Roads)
2. Hand Sanitizer (alcohol based with at least 60% alcohol) if soap and water are not available
3. Know signs and symptoms of COVID-19
   Fever
   Cough
   Shortness of Breath
4. STAY HOME if you are SICK
5. If you need to visit a physician’s office or Emergency Department, CALL AHEAD before going
6. Limit your movement within the community especially if you are at high risk
   Diabetes
   Heart Disease
   Immunocompromised
   Other Chronic Illness
7. Consider a 2-week supply of prescription drugs, over the counter drugs, food, and other essential items. Have food or essential items delivered if possible.
8. Avoid large gatherings and limit visitors
9. Avoid non-essential travel

For more information visit www.cdc.gov