

# COVID-19

## Community Members: What to Do/What to Know

This is an emerging, rapidly evolving situation. This guidance is based on what is currently known about the Coronavirus Disease 2019 (COVID-19). Information will be updated as it becomes available. For background on the situation, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

### ST. CLAIR COUNTY HEALTH DEPARTMENT RESPONSE: WHAT ARE WE DOING?

- Participating in calls with Michigan Department of Health and Human Services (MDHHS) and Centers for Disease Control and Prevention (CDC)
- Monitoring all individuals based on risk exposure [CDC guidance](#)
- Maintaining communication with local medical providers to provide up-to-date information
- Regular communication with state and local officials
- Working with local partners on guidance and planning

## PREVENT THE SPREAD

### HOW CAN I PROTECT MYSELF?

- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Cover your cough or sneeze
- Clean and disinfect frequently-touched objects and surfaces using a regular household cleaning spray or wipe
- Regularly wash hands with soap and water for at least 20 seconds
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60-95% alcohol



### FACE MASK USE WITHIN THE COMMUNITY

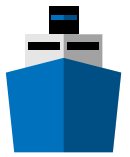
- A facemask should be used by people who have COVID-19 and are showing symptoms.
- The use of facemasks is crucial for health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a healthcare facility).
- Individuals who are well and not showing symptoms SHOULD NOT wear a facemask

### PREPARE, NOT PANIC - IDEAS FOR SOCIAL DISTANCING

- Practice Nonpharmaceutical Interventions (NPIs)
- Communicate with your employer to set up a telework or teleconference option if available
- Review your family emergency preparedness plans and have an appropriate stockpile of food/water/medications for family
- Talk to your child's school district to see if an online learning option is available
- Ensure child care options are in place
- Talk to your insurance provider to see if telemedicine options are available

## TRAVEL

- Consider postponing nonessential travel
- Evaluate [CDC travel guidance](#) prior to travel



## SLOW THE SPREAD



- 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 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.

## IF YOU ARE SICK

- Cover your cough and sneeze
- Wash your hands often
- Clean all "high-touch" surfaces everyday
- Monitor your symptoms
- Stay home except to get medical care
- Call ahead before visiting your doctor
- Separate yourself from other people and animals in your home
- Avoid sharing personal household items
- Wear a facemask



## RESOURCES

- [WWW.CDC.GOV/CORONAVIRUS](http://WWW.CDC.GOV/CORONAVIRUS)
- [WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/TRAVELERS/INDEX.HTML](http://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/TRAVELERS/INDEX.HTML) \*
- [WWW.MICHIGAN.GOV/CORONAVIRUS](http://WWW.MICHIGAN.GOV/CORONAVIRUS)
- [WWW.SCCHEALTH.CO](http://WWW.SCCHEALTH.CO)
- SCCHD INFORMATIONAL HOTLINE (810) 966-4163