

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like the flu and COVID-19:



Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer.



Avoid touching your eyes, nose and mouth.



Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.



Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.



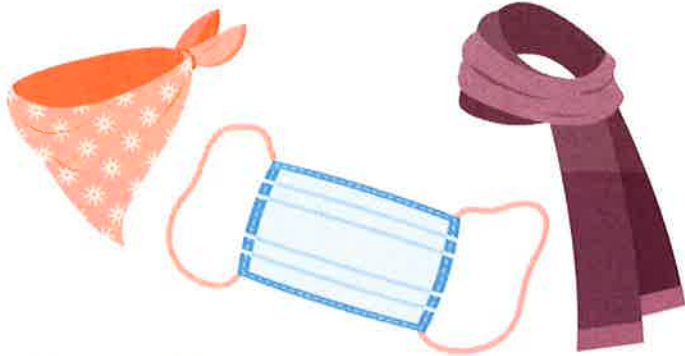
Stay home if you are sick and avoid close contact with others.



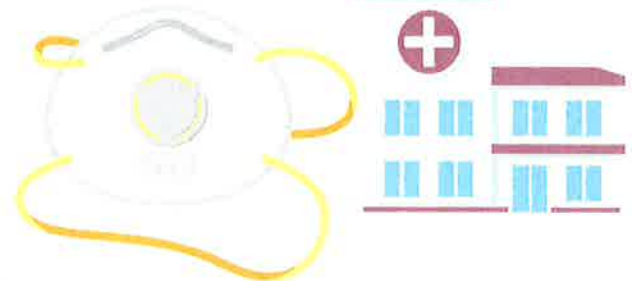
Think ahead about how to take care of yourself and your loved ones. Visit [mass.gov/KnowPlanPrepare](https://www.mass.gov/KnowPlanPrepare) for preparedness tips.

Stop the Spread of Germs

Using a Face Covering Effectively



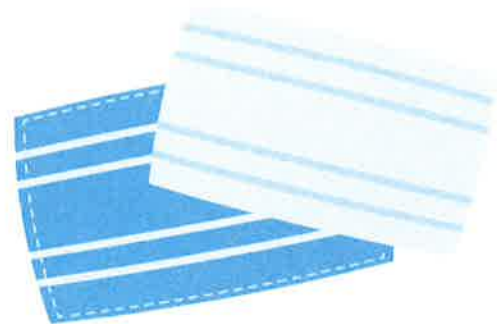
Use anything that covers your nose and mouth.



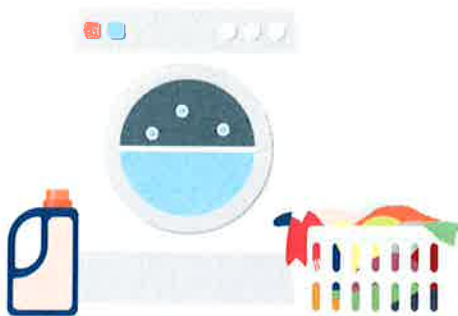
Leave surgical masks and N95's for healthcare workers.



Masks should fit snugly, be secured with ties or ear straps, and not restrict breathing.



Face coverings should be multiple layers.



Your mask or face covering should be able to be machine washed and dried.



Only touch the ties or ear straps, not the front, and wash your hands after handling.

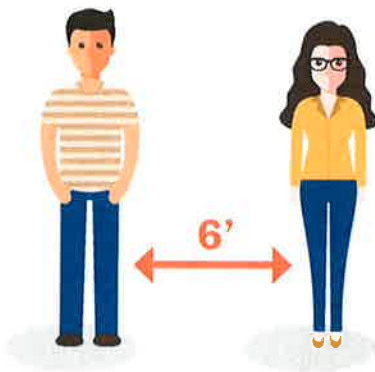
Help Prevent COVID-19 with Social Distancing



**Call/Facetime/online chat
with friends and family.**



**Stay home
as much as
you can.**



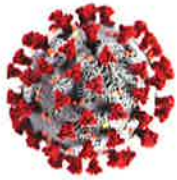
If you must go out:

- Don't gather in groups
- Stay 6 feet away from others
- Don't shake hands or hug



**And please continue
to wash your hands
frequently.**

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Coronavirus Disease 2019 (COVID-19)

10 Tips for At-Home Quarantine or Self-Monitoring

If you have been directed to quarantine or self-monitor at home because of possible COVID-19 contact:

- 1 Stay home** from work, school and away from public places.



- 2 Monitor for symptoms** and take your temperature twice daily. If you develop symptoms or a fever, then call your healthcare provider immediately.



- 3 Get rest, stay hydrated and exercise** if possible. If you are able to exercise, do so in your home or yard. Avoid locations where you may come into contact with others.



- 4** If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have been exposed to COVID-19.



- 5** For medical emergencies, call 911 and **notify the dispatch personnel** that you have been exposed to COVID-19.



- 6 Take everyday actions** to prevent the spread of germs.

- Clean your hands often with soap and water for at least 20 seconds, or an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Cover your cough/sneeze.
- Avoid touching your eyes, nose and mouth.



- 7** As much as possible, **stay in a specific room and away from other people** and pets in your home. Use a separate bathroom, if available.



- 8 Avoid sharing personal items** with other people in your household, like dishes, towels and bedding.



- 9 Clean all surfaces** that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



- 10 Make the best of your time at home** by teleworking if you're able or catching up on reading, exercising or other hobbies.



Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

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 are able to 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 and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- See **COVID-19 and Animals if you have questions about pets:** <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>
- Additional guidance is available for those **living in close quarters.** (<https://www.cdc.gov/coronavirus/2019-hj-ncov/daily-life-coping/living-in-close-quarters.html>) and **shared housing** (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>).



Monitor your symptoms.

- **Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will 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
- Bluish lips or face
- Inability to wake or stay awake

*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.



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.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw 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 your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



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 them in the dishwasher.



Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **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 cloth face covering and wait as long as possible after the sick person has used 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.

When you can be around others after you had or likely had COVID-19

When you can be around others (end home isolation) depends on different factors for different situations.



• I think or know I had COVID-19, and I had symptoms

- You can be with others after
 - 3 days with no fever

AND

 - symptoms improved

AND

 - 10 days since symptoms first appeared
- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

• I tested positive for COVID-19 but had no symptoms

- If you continue to have no symptoms, you can be with others after:
 - 10 days have passed since test
- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.
- If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

Coping with Stress and Fear from COVID-19



Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate



Virtually connect with others.

Talk with people you trust about your concerns and how you are feeling.



Take breaks from watching, reading, or listening to news stories, including social media.



Make time to unwind.

Try to do some other activities you enjoy.

Help is available:
Visit [Mass.gov/COVID19](https://www.mass.gov/COVID19) or Call **2-1-1**





Massachusetts Department of Public Health Wellness Tips and Resources Coronavirus Disease 2019 (COVID-19)

The outbreak of Coronavirus Disease 2019 (COVID-19) may be causing you or your loved ones to feel stress, anxiety, or other strong emotions. Such feelings are understandable and affect many individuals and families. The Department of Public Health continues to offer critical resources to help you and your family during this challenging time.

What Can I Do Every Day to Help Reduce Stress and Anxiety?

The following wellness tips are advised by the [Centers for Disease Control and Prevention](#):

- Connect with friends and family
 - Tell them how you are feeling. Practice physical distancing while staying social virtually!
- [Get moving](#)
 - Take walks, work out at home, and stretch. Try something new!
- [Eat healthy](#)
 - Get plenty of fruits and vegetables (frozen options are great!) and watch your portion sizes. Avoid drugs and alcohol.
- Plan time for enjoyable activities
 - Get creative! Avoid consuming too much media coverage, including social media.

Where Can I Find Resources to Help?

Massachusetts Department of Public Health Resources	
Resource	Phone Number
Community Support Line (<i>for families with children and youth with special health needs</i>)	1-800-882-1435
Domestic Violence Resources	877-785-2020 or 877-521-2601 (TTY)
MA Sexual Assault Nurse Examiner (SANE) Program	See website for regional contact information
MA Smokers' Helpline	1-800-QUIT-NOW (1-800-784-8669)
Mental Health Emergency/Crisis Services	1-877-382-1609
Nutrition Resources	617-624-6100
Problem Gambling Helpline	1-800-426-1234
Rape Crisis Centers	See website for regional contact information
Substance Use Helpline	1-800-327-5050
Suicide Prevention Hotline	Call or Text: 1-877-870-HOPE (4673)

For additional information, please visit www.mass.gov/COVID19 or call 2-1-1.

DEAF & HARD OF HEARING INFO - CORONAVIRUS

- ▶ **Commonwealth of Massachusetts**
<https://mass.gov/covid19>
- ▶ **Executive Office of Health & Human Services**
<https://mass.gov/eohhs>
 call: Dial 211
- ▶ **Massachusetts Commission for the Deaf and Hard of Hearing**
<https://mass.gov/mcdhh>
 email: MCDsafety@mass.gov



PREVENTING ILLNESS



WASH HANDS



CLEAN OBJECTS & SURFACES



DO NOT TOUCH FACE



COVER COUGH



STAY HOME



AVOID CROWDS



SOCIAL DISTANCE



AVOID TRAVEL

GET MEDICAL HELP



CONTACT DOCTOR



MEDICAL STAFF



AMBULANCE



HOSPITAL

PREFERRED METHOD OF COMMUNICATION



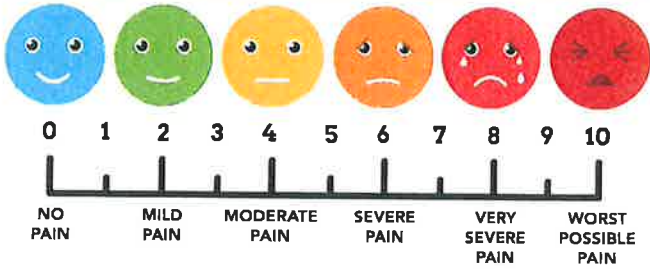
QUICK COMMUNICATION



TIPS FOR HEALTH PROVIDER

- ▶ Get the person's attention and make eye contact
- ▶ Repeat, rephrase, or write down your request
- ▶ Ask and/or indicate before touching the person
- ▶ Ask the person their preferred method of communication
- ▶ Minimize the number of people interacting with the patient
- ▶ Know that hearing aids/cochlear implants may improve hearing, but a person may still benefit from an assistive listening device and still may not understand all that you say.

HOW DO YOU FEEL?



HOW LONG HAVE YOU HAD SYMPTOMS?

▶ MINUTES: 1 2 3 4 5 6 7
 ▶ HOURS: 8 9 10 11 12 13 14
 ▶ DAYS
 ▶ WEEKS
 ▶ MONTHS: Morning Afternoon Night
 ▶ YEARS

SITUATION, HISTORY & SYMPTOMS

FEVER	COUGH	SHORT OF BREATH	SORE THROAT
HEADACHE	WEAR A MASK	VOMITING	DIARRHEA
BLOOD PRESSURE	HEART DISEASE	TRAVEL HISTORY	SICK FAMILY MEMBER

TREATMENT & CARE

MEDICAL STAFF	CONTACT DOCTOR	AMBULANCE	HOSPITAL
MEDICAL TEST	OXYGEN	INHALER	MEDICINE
CONTACT FAMILY	APPOINTMENT	STAY HOME	THROW AWAY TISSUES CLEAN HANDS

▶ DEVELOPED BY THE MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING ▶ [HTTPS://MASS.GOV](https://mass.gov)

Some elements of this tool were used with permission by the Wisconsin Council on Disabilities.

March 2020



Chronic Diseases and COVID-19

STAYING HEALTHY



If you have a chronic disease, you are more likely to experience serious complications if you get COVID-19.

COVID-19 has further revealed the historical and current inequities in our society. Structural racism plays a role in people of color being at a higher risk for chronic diseases, and that increases their risk for serious complications from COVID-19.

In addition to taking steps to protect yourself from COVID-19, one of the most important things you can do if you have a chronic disease – especially if you are 65 or older or have a disability – is to take good care of your health. You can also use this information to help take care of your family, friends, and community.

If you have...

Diabetes

Monitor blood sugar regularly and keep taking all medications following your provider's instructions. Keeping blood sugar in control can lower risk of complications from COVID-19. If you are having trouble paying for your diabetes medications, [ADA can help](#).

Asthma

COVID-19 harms the lungs, so it's important to manage triggers, use your controller and rescue medications, and follow your asthma action plan (if you have one). Since many household cleaning products can make your asthma worse, try to clean and disinfect your home following [CDC guidelines](#).

Heart Disease

Keep taking your heart medications following your provider's instructions. Lowering your stress level can also help keep your heart healthy. Try deep breathing, get 6-8 hours of sleep, try to eat a healthy diet, and exercise when you can.

Cancer

Cancer and cancer treatments can weaken the immune system which makes it harder to fight COVID-19. It is especially important for you to avoid unnecessary contact with others, so talk to your provider about having oral medications shipped to you, to avoid a trip to your provider's office or the pharmacy.

High Blood Pressure

High blood pressure increases risk for complications from COVID-19. Monitor your blood pressure at home and keep taking all medications following your provider's instructions.

Nicotine Addiction

People who smoke or vape risk the possibility of getting sick with COVID-19. Smoking and vaping cause inflammation and stress your immune system; also cigarettes and vapes move from your hand to your mouth. Wash your hands as much as possible, and reduce trips to the store.