

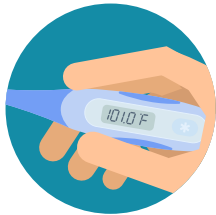
# 10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



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



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



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



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



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



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



# COVID-19

## General Prevention

Florida Department of Health • FloridaHealth.gov • [tinyurl.com/FLcdcprevention](https://tinyurl.com/FLcdcprevention)

Protect yourself from all infectious diseases by using these precautions.



**Stay home when you are sick**



**Avoid contact with people who are sick**



**Get adequate sleep and eat well-balanced meals**



**Wash hands often with soap and water – 20 seconds or longer**



**Dry hands with a clean towel or air dry your hands**



**Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces**



**Cover your mouth with a tissue or sleeve when coughing or sneezing**



**Clean and disinfect “high touch” surfaces often**



**Call before visiting your doctor**

**Clean all “high-touch” surfaces every day.**

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

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

Symptoms\* can include

**FEVER**



**COUGH**



\*Symptoms may appear 2-14 days after exposure.

If you have been in China or other countries with travel advisories by the CDC or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.

[CDC.gov/travel](https://www.cdc.gov/travel)

**SHORTNESS OF BREATH**



For more information: [FloridaHealth.gov/COVID-19](https://www.FloridaHealth.gov/COVID-19)



# COVID-19

## Protect Yourself in Gatherings & Crowds

Florida Department of Health • FloridaHealth.gov

Public health authorities suggest the cancellation of gatherings greater than 10 people and smaller gatherings that may bring people from multiple areas in the U.S. Gatherings and crowds also exist in other places—like work or stores—so know what to do.

Limit interactions if you are 65 or older and have underlying or chronic health conditions: compromised immunity, diabetes or heart or lung disease.

### Know How to Protect Yourself in a Crowd

#### Keep Your Hands Clean



Wash your hands often with soap and water for at least 20 seconds. Throw used paper towels in the trash.

- Wash after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.
- Wash after you touch someone.

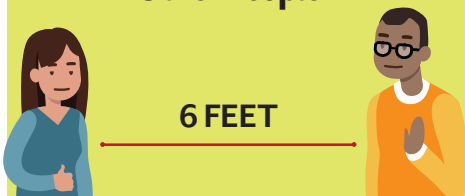
If you don't have soap and water, use a 60% or more alcohol-based hand sanitizer.

Cough and sneeze into your bent elbow or a tissue. Throw used tissues in the trash.

#### Limit interactions:

- Avoid shopping at peak hours and take advantage of delivery or pick-up services.
- Avoid public transit.
- Avoid areas with active outbreaks.
- Ask your employer if you can telecommute.
- Don't shake hands as a social greeting.

#### Keep at Least 6 Feet Between You and Other People



### Know When to Protect the Crowd

#### Avoid Leaving Home If You:



- Have been in contact with someone who has or may have COVID-19.
- Have traveled internationally to places under level 3 advisories or visited an area with widespread COVID-19 transmission within the last 14 days.
- Have been exposed to someone with respiratory illness within the last 14 days.
- Currently have fever, cough or a sore throat.



# COVID-19

## Protection, Planning & Care for Older Adults

Florida Department of Health • FloridaHealth.gov

**According to the Centers for Disease Control and Prevention, older adults may have a greater chance for serious illness from COVID-19—especially people with weak immune systems or underlying chronic medical conditions like heart, lung, diabetes or kidney disease.**

- **Symptoms include:** fever, coughing, and shortness of breath. **If you develop symptoms,** stay home and call your health care provider. You may be able to recover at home.
- **You need emergency help** if symptoms become more severe, there is chronic chest pain, breathing is difficult or your lips turn bluish.



### Protection

**Wash your hands** often with soap and water for at least 20 seconds. Wash after blowing your nose, coughing or sneezing, Wash after spending time in a public place. Wash before and after touching people you're caring for. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

**Cover your coughs and sneezes.** Use a tissue or your sleeve when coughing.

#### **Practice Social Distancing:**

- Avoid crowds and large gatherings, especially in venues with poor ventilation.
- Don't shake hands with people.
- Keep at least 6 feet between you and other people.
- Stay away from people who may be sick.
- Try shopping during off-hours—later on weeknights or earlier on weekends—when crowds at stores are lower.
- Avoid touching “high-touch” surfaces: elevator buttons, door handles, handrails, etc.
- Find out if family or friends have been sick in the past two weeks BEFORE they visit. If they have been sick, reschedule at least two weeks out.

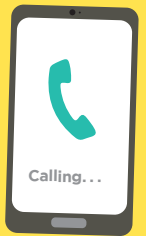
### Planning

**Get a flu shot** if you are showing no symptoms of illness.

**If you depend on regular medical treatment** like dialysis, wound care, etc., talk to your health care provider about special arrangements.

**Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers. Make sure phone numbers are up-to-date.

**Stay in touch** with the people on your list and let them know you may need them for help if you become sick.



#### **Have a two–three week supply of the following:**

- Non-perishable food
- Medical and health care supplies
- Prescriptions: make sure they are up-to-date



### Care

#### **Caregivers, help prevent the spread of COVID-19.**

##### **If the person you're caring for lives in a facility:**

- Know the facility's outbreak protocol.
- Ask daily about the health of the other residents.
- Monitor visitors. Ask if they've been ill over the past two weeks or if they currently have a fever. A “yes” answer means the visit needs to be postponed for at least two weeks.

**If you're caring for someone at home,** you'll need to prepare a separate bedroom and bathroom for them. Learn more about this type of at-home care: [CDC.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

**HYGIENE IS IMPORTANT. FOLLOW PROTECTION GUIDANCE ABOVE.**

The Florida Department of Elder Affairs is holding multiple weekly calls with the Area Agencies on Aging and the Aging Network lead and local service providers. The Comprehensive Assessment and Review for Long-Term Care Services is providing evaluations, 24-hour notices of appointments and remote medical files for individuals in homes, nursing facilities and assisted-living facilities.



# HAND WASHING

Stay healthy. Wash your hands!



**1** Get your hands wet.



**2** Put on soap.



**3** Rub soapy hands for as long as it takes to sing "Happy Birthday" two times or about 20 seconds.



**4** Scrub fingertips and between fingers. Make lots of bubbles!



**5** Scrub just below your wrists.



**6** Rinse off. Wash all those bubbles away!



**7** Dry your hands with a paper towel.



**8** Turn off water with the towel. Throw the towel away.



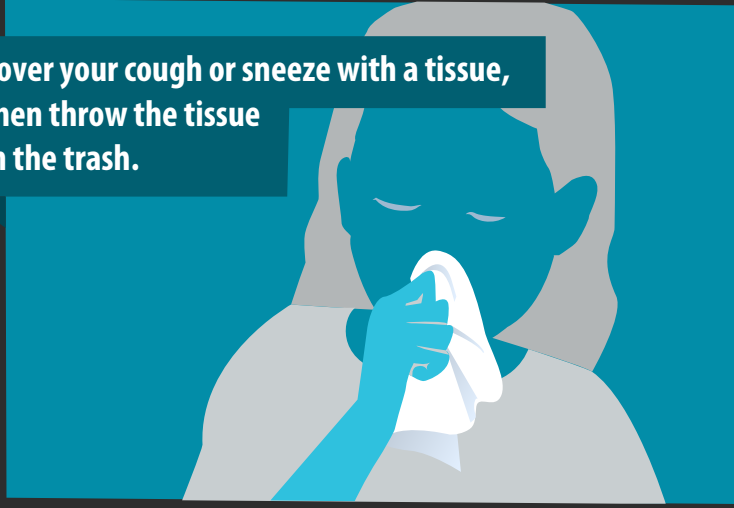
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [FloridaHealth.gov/COVID-19](https://www.floridahealth.gov/COVID-19)



# Social Distancing for Infectious Disease

Florida Department of Health • FloridaHealth.gov

Social distancing measures are taken to restrict when and where people can gather to stop or slow the spread of infectious diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

## Protect yourself and your community.

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 you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol. Avoid close contact with people who are sick, and stay home when you're sick.



## Change your daily habits.

Avoid shopping at peak hours and take advantage of delivery or pick-up services with retailers.



## Work with your employer.

Cooperate with leadership to change company practices, set up flexible shift plans, have employees telecommute, and cancel any large meetings or conferences.



## Look for communications from universities and colleges:

Regarding suspending classes, going to web-based learning and canceling all large campus meetings and gatherings.



## Keep at least six feet between you and other people.

Avoid shaking hands as a social greeting.

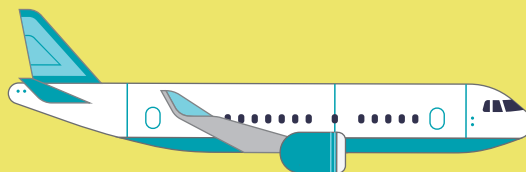


6 feet



## Avoid public transit if possible.

Don't travel to areas with active outbreaks.



## Avoid crowded places.

Sporting events, community festivals, and concerts



## Learn more:

[tinyurl.com/CDCgatherings](https://tinyurl.com/CDCgatherings)

[tinyurl.com/FLcdcprevention](https://tinyurl.com/FLcdcprevention)





# Screening for COVID-19

FloridaHealth.gov/COVID-19 • Florida Department of Health

## Are you experiencing symptoms?

Symptoms may appear in 2–14 days after exposure to the virus.

# 1



FEVER



COUGH



SHORTNESS OF BREATH

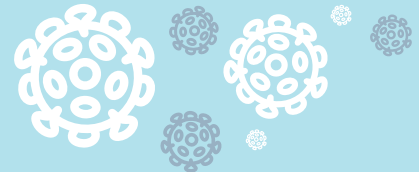
# 2

Have you returned from international travel or a cruise within the last 14 days and have any of the symptoms above?



# 3

Have you been around someone diagnosed with COVID-19?



If you answered “yes” to any of the above questions, call your health care provider or your county health department (CHD) by scanning the code for the local CHD finder. Or call 1-866-779-6121.



## Guidance

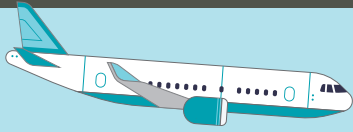
- Self monitor for fever, cough, or other respiratory symptoms for 14 days.
- Avoid contact with sick people.
- Delay any additional travel plans until no longer sick.
- Wash hands often with soap and water for at least 20 seconds.
- Cover mouth and nose with a tissue or sleeve when coughing or sneezing. Throw the tissue in the trash.



# COVID-19

## International Travel

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If you have returned from **ANY** international travel or a cruise within the last 14 days and you have fever, cough or shortness of breath,

**OR**

if you have been in close contact with someone who has recently returned from international travel or a cruise and has any of the symptoms above:

- **CALL** your health care provider or county health department (CHD).
- **SCAN** the code for the CHD finder.



### How to self-isolate

- Stay home except to get medical care.
- Separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor.
- Wear a facemask when others are around.
- Cover your coughs and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean all “high-touch” surfaces every day.



### What to do if you get sick

If you get sick with fever (100.4°F/38°C or higher), cough or have shortness of breath:

- Seek medical care. **Call ahead** before you go to a doctor’s office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.



If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to an area with widespread or ongoing community spread of COVID-19.

### Symptoms

The most common symptoms of COVID-19 are **fever, cough and shortness of breath.**

Some patients have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.



### Learn more:

[tinyurl.com/FLcdctravel](https://tinyurl.com/FLcdctravel)

[tinyurl.com/FLcovidsick](https://tinyurl.com/FLcovidsick)

