VDH VIRGINIA DEPARTMENT OF HEALTH

Virginia Department of Health: Advice to Prevent the Spread of COVID-19
Guidance as of March 8, 2020

This advice is for people who are at a low risk for having been exposed to coronavirus disease (COVID-19). This includes people who were in the same indoor environment (e.g. classroom or hospital waiting room) as an ill person with COVID-19, but who did not have close contact with the ill person for a prolonged period. In these situations, the Virginia Department of Health recommends that you continue your normal activities, but that you monitor your health for 14 days since your last possible exposure and follow the steps below. Symptoms of COVID-19 include fever, cough, or shortness of breath**. If you develop fever, cough, or shortness of breath, call 877-ASK-VDH3 immediately to speak with a public health official**. While your risk of developing COVID-19 is thought to be low, there are many respiratory viruses circulating at this time so it is important to have your symptoms evaluated by a medical professional. If you have additional questions, please contact your local health department.

Take these steps to monitor your health and prevent the spread of COVID-19:

1. Avoid close contact (about 6 feet or 2 meters) with people who are sick or people who are at a higher risk of developing severe disease (e.g., older adults and people who have severe chronic medical conditions.

2. 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.

3. Avoid touching your eyes, nose, and mouth.

4. Stay home if you feel sick.
   - Separate yourself from other people and animals in your home. As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
   - If you are sick, you should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.
   - Call ahead before visiting your doctor. This will help the healthcare provider's office take important steps to keep other people from getting infected or exposed.
   - If you have a medical emergency, call 911 and tell the operator about your recent possible COVID-19 exposure.

5. Cover your coughs or sneezes with a tissue, then throw the tissue in the trash

6. Clean and disinfect frequently touched objects and surfaces (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household cleaning spray or wipe.