

General Recommendations

During this time, it is essential for our community to be on alert and take precautions by watching for symptoms and emergency warning signs.

- **Pay attention for potential COVID-19 symptoms** including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor and they will advise you of what is needed to be done.
- **If you develop emergency warning signs for COVID-19 get medical attention immediately.** In adults, emergency warning signs*:
 - Difficulty breathing or shortness of breath
 - Persistent pain or pressure in the chest
 - New confusion or inability to arouse
 - Bluish lips or face

**This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning; <https://coronavirus.idaho.gov/>; cdc <https://www.cdc.gov/>

Those with functional needs

Higher risks:

- Older adults
- Individuals with chronic medical conditions
- Heart disease
- Diabetes
- Lung disease

Reducing exposure

- Stock up on supplies
- Keep up on everyday prescriptions taken 3-5 days' worth
- Avoid crowds and unnecessary travel
- During outbreak in community stay home as much as possible.

Have supplies on hand

- Contact healthcare provider to obtain extra necessary medication
- Be sure to have over-the-counter medicines and medical supplies
- Keep enough household items and groceries to last 14 days.

Avoid close contact with people who are sick.

Take everyday preventive actions:

- **Wash your hands often** with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **Make every effort to avoid touching high-touch surfaces in public places** – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- **Avoid touching your face**, nose, eyes, etc.
- **Clean and disinfect** your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
- **Avoid crowds**, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
- **Avoid all non-essential travel** including plane trips, and especially avoid embarking on cruise ships
- **Avoid unnecessary outings**

Family and caregiver support

- **Know what medications your loved one is taking.**
- **Monitor food and other medical supplies** (oxygen, incontinence, dialysis, and wound care) and create a back-up plan.
- **Stock up on non-perishable food** to have on hand in your home to minimize trips to stores.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.

If COVID-19 is spreading in our community

Take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.

- **Stay home** as much as possible.
- **Consider ways of getting food brought to your house** through family, social, or commercial networks without face to face contact.

If a COVID-19 outbreak happens in our community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.