

## Top 10 Questions About Coronavirus

### 1. Why so much emphasis on hand washing? How does it work in preventing the spread of COVID-19?

COVID-19 can be spread via our hands. Our hands are the front lines in the war against COVID-19. If someone is sick, a hand can touch some mucus and viral particles will stick to the hand. We can pick up droplets that contact the virus, and they'll stay on our hands, and perhaps enter our bodies if we touch our hands to our faces. The CDC recommends washing hands with soap and water as a top way to clean our hands. If soap and water is not available, hand sanitizer with at least 60% alcohol can help.

### 2. What is the difference between Social Distancing and the Stay at Home order?

Social distancing is an important first step in preventing the spread of a disease like COVID-19 that allows people to go about their daily activities while taking extra health and safety precautions. The Stay at Home order requires people to remain in their homes unless they have an essential job or are doing an essential task, like going to the grocery store or picking up a prescription.

### 3. Why is staying at home and "social distancing" important even for groups who are not at "high risk", who feel healthy?

Staying at home as much as possible, inconvenient as it may seem helps your fellow community members and families. There is concern about spreading it to vulnerable individuals, as well as the impact this virus will have on our health care system. Anyone can become infected, and anyone can transmit this virus to someone else. The person may not feel sick at all, and yet they can be a vehicle for passing this virus to someone who is going to get very sick or even die from the virus. The goal is to prevent the spread of the virus. We owe it to our community men and women, particularly those who are sick, immunocompromised, and older. By taking precautions we can end up saving someone's life.

### 4. When is it okay for me to leave my home?

You may leave your home ONLY to perform the following allowable activities:

- ✓ **Health and safety** – obtaining emergency services, visiting a healthcare professional, picking up medical supplies or medications
- ✓ **Outdoor activities** – walking, hiking, jogging, biking
- ✓ **Supplies and Services** – shopping for groceries, gasoline, take-out food, products necessary to maintain the safety, sanitation and essential operations of homes
- ✓ **Care of others** – travel to care for the elderly, family member, persons with disabilities or underlying health conditions, a friend or pet in another household
- ✓ **Essential businesses** – travel to perform work providing essential products and services, such as health care and public health, public safety, governmental functions, banks, food and agriculture, and media
- ✓ **Funerals** – permissible provided the gathering consists of no more than 10 attendees and the space utilized allows for social distancing (6 feet spacing between people). If possible, venues should make

accommodations for remote attendance If you do leave home, stay at least 6 feet apart for other people. Everyone is encouraged to stay active outside during this time, provided they practice safe social distancing.

### **5. Should I wear a face cover?**

Cover your mouth and nose with a cloth face cover when around others. The cloth face cover is meant to protect other people in case you are infected, even if you don't feel sick. Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities. Please note that the cloth face cover is NOT a substitute for social distancing.

Cloth coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.

### **6. Can I go outdoors?**

Yes, go outdoors for fresh air and exercise. Ride a bike, walk the dog, go for a hike, jog. Social distancing does not mean staying indoors, it means avoiding close contact with people. Remember to wash your hands any time you enter from the outdoors and before you eat.

### **7. Is it safe to eat food that is carry-out or delivered from an area restaurant?**

Drive through, curbside pickup or delivery are allowed during this order. When you get home with your food, you can take it out of the containers, throw those out, and then wash your hands thoroughly before eating. You can also support your community businesses by buying gift certificates that can be used later.

### **8. Can my family visit my elderly parents?**

Most nursing homes and retirement or long-term care facilities are closed to the public at this time. Don't visit older relatives unless it is absolutely necessary-as in, they need food, help at home, supplies or medications. We all want to be with our family. So many cases happened because they simply got together to visit, and it was transmitted before the person even realized they were infected. You can still stay in contact with family, but do it over the phone, Facetime or Skype, stream movies that you can all watch virtually together, or play games virtually.

### **9. Can my kids still have playdates, or I have an adult friend over, if we keep it to just a couple of friends?**

With everyone trying to figure out how to work from home, keeping the kids entertained is a concern. Play dates seem like an obvious solution to help. Several experts say play dates defeat the purpose of everyone hunkering down. On average symptoms of COVID-19 take five days to show up from the time of infection – but a person can still pass it on to other people during that time. It may be tempting to have one or two kids over, or a friend or two. Don't do it. Someone who comes over looking well can transmit the virus. Each person you bring into your home or are in close contact with creates new links and possibilities for the type of transmission that all of our school/work/public event closures are trying to prevent. To be safe, don't have other children in your home. Don't have your kids in other people's houses. Limit visits to virtual chats.

## 10. How do I protect myself when I go grocery shopping?

- ✓ Stay at home if you are sick. Consider food delivery; have a family or friends shop for you.
- ✓ Wear a face cover.
- ✓ Go shopping at a time that's less busy.
- ✓ Use sanitizing wipes to clean and disinfect carts and shopping baskets
- ✓ Use tap and pay or credit/debit cards for purchases to reduce the risk of transmission through money
- ✓ Use curbside pickup or grocery delivery services
- ✓ Keep social distance while in the store
- ✓ Bring Hand sanitizer to wipe your hands before and after shopping
- ✓ Use self-checkout lanes where possible to limit contact with employees
- ✓ Don't use reusable bags
- ✓ When you return home, wash your hands after handling packages and when finished putting items away.
- ✓ Shop alone. It does not need to be a family outing.

## The Dos and Don'ts of the Stay in Place Order

### ***Do:***

- ✓ Do stay home if you can. Try to complete as few shopping trips and other errands as possible.
- ✓ Wear a face cover when you leave the home, to protect others you may come into contact with, just in case you are infected, and don't show symptoms.
- ✓ Do wash your hands before and after going out in public, if you **MUST** go out.
- ✓ When ordering food, ask the delivery worker to leave your food outside your front door instead of accepting it by hand.
- ✓ Do use hand sanitizer before and after touching objects that other people touch like ATMs, credit card machines, gas pumps
- ✓ If you have to get in a close space with others, like an elevator, turn your head away from others in that space.
- ✓ Do take advantage of technology like video conferencing apps, and websites like Zoom, Facetime and Skype, social media, have a watch party using Netflix, and use telehealth/ teletherapy when and where available.
- ✓ Do reschedule nonessential visits to your dentist or doctor.
- ✓ Do take up new hobbies, read new books, spring clean your home, and so on.

### ***Don't:***

- ✓ Put others in uncomfortable situations by standing close, going in for a handshake or hug, or coughing into the open air.
- ✓ Don't visit older parents, friends or neighbors. You just don't know whether you are infected or not.
- ✓ Don't get stuck in a state of loneliness by not keeping busy or not staying in contact with friends and family.
- ✓ Don't get your Covid-19 information from any place other than CDC, IDPH, or your local health department.
- ✓ Don't take your children out of the home unless you have to. Kids like to touch things, put things in their mouth. You have to be very careful if you take them anywhere.
- ✓ Don't invite your best friends, or the grandkids over for dinner.
- ✓ Don't plan play dates.