

## REDUCE THE SPREAD/FIVE ESSENTIAL ACTIONS FOR INDIVIDUALS

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The following Five Essential Actions are recommended to help reduce the spread of COVID-19 and safely maintain the county's reopening efforts. It is important that community members continue to implement these actions to prevent the spread of COVID-19.

### 1. Social Distancing

Social or physical distancing means keeping space between yourself and other people who do not live with you. To practice physical distancing:

- Stay at least 6-feet from people who are not part of your household
- Avoid shaking hands or high fives
- As much as possible, avoid social and family gatherings with people who are not part of your household; if you chose to gather, follow hand washing and face covering requirements and avoid being around others when you or they are sick.
- Avoid crowded spaces and gatherings

### 2. Face Coverings

When outside the home or in contact with individuals that do not regularly reside in your home, the wearing of a cloth face covering is required. Face coverings are intended to trap droplets leaving the wearer's mouth and nose. This reduces the risk of spreading COVID-19 if someone is asymptomatic, which means they don't look or feel sick but can still pass the virus on to others.

Wearing a face covering protects your neighbors. When your neighbor wears a face covering, they are protecting you. Face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings. Guidance on how to make, wear and care for a face covering is available on the CDC website at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html).

### 3. Hand Washing

Washing your hands with soap and water for 30 seconds helps to remove the virus from your hands if you come in contact with the virus. If soap and water is not available and your hands are not visibly soiled, hand sanitizer that contains at least 60% alcohol can be used.

Wash your hands regularly, and especially after you have been in a public place or touched an item that may be frequently touched by other people (e.g., door handles, tables, gas pumps, shopping carts, electronic cash machines, credit/debit card readers, etc).

### 4. Disinfecting Surfaces

Regularly disinfecting high touch surfaces with soap and water or EPA registered household disinfectants (including bleach and cleaners containing at least 70% alcohol) helps to prevent

transmission from droplets that may have settled on surfaces or have transferred to commonly used surfaces through touch, such as door handles and light switches.

**5. Stay Home if Sick or You are Instructed to Isolate/Quarantine by a Medical or Public Health Professional**

If you are sick or have been instructed to stay home by a medical or public health professional, stay home. The strategies listed above rely on people staying home when they know they feel sick or have been told to isolate or quarantine. If you feel sick and are concerned, contact your doctor's office to determine if you need to be seen. If possible, ask others to deliver needed supplies instead of going out to the store or to obtain essential items.

**High-Risk Individuals**

High-Risk individuals include those **over the age of 65** or those with **serious underlying health conditions**, such as high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system is compromised. Residents who are 65+ and individuals with underlying conditions should stay home. If a trip outside of the home is necessary, wear a face covering and maintain the recommended 6-foot social distancing when in public.