

ACTIONS FOR PUBLIC



1) Stay at Home (Presidential Plan - 15 Days to Slow the Spread)

- Monitor State and local conditions through media such as Collin County Health https://www.collincountytx.gov/healthcare_services/Pages/news.aspx.
- Engage in Work from Home
- Avoid Social Gatherings of more than 10 people
- Avoid Discretionary Travel
- Do Not Visit Nursing Homes or Retirement Homes
- Practice Good Hygiene

2) Watch for symptoms

The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

Call your doctor If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical

3) What to do if you're Sick

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Stay away from others:** As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.
- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze and Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

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- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.
- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.