**Best Practices If You or a Member of Your Household Is Sick**

***Download, print, and make available the CDC Guidance fact sheet available at:***

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

As the infection rate climbs in New Jersey, I want to remind everyone of the recommended best practices from the CDC if you or someone in your household gets sick with a respiratory disease. We have printed the Guidance from the CDC and have made it available (describe how) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I’m going to summarize the key points, but you are encouraged to read the full document.

**Stay home**. People who are mildly ill with COVID-19 usually 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.

**Limit contact with pets & animals.**

**Wear a facemask if you are sick.** You should wear a facemask when you are around other people and before you enter a healthcare provider’s office.

**Cover your coughs and sneezes.** Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds.

**Wash hands.** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

**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. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant. Be sure to follow the instructions on the label to ensure safe and effective use of the product.

People with COVID-19 who have stayed home (home isolated) can stop isolation under the following conditions:

* If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:
  + You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
  + other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
  + at least 7 days have passed since your symptoms first appeared.

**In all cases, follow the guidance of your healthcare provider and local health department.**

Additional Comments or training points:

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