

# QUESTIONS and ANSWERS

## COVID-19 Commonly Asked Questions from Chenango County residents Part 4

This is a rapidly evolving situation and information is subject to change.

### **SHOULD I WEAR A CLOTH FACE COVERING?**

Recent studies show that the virus can spread between people interacting in close proximity – for example speaking, coughing, or sneezing – even if those people are not exhibiting symptoms and are not feeling sick. In light of this new evidence, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to do (like the grocery store or pharmacy). *This is a voluntary public health measure.* Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used. The cloth face coverings recommended are **NOT** surgical masks or N-95 respirators. Those are critical supplies that must continue to be **reserved** for healthcare workers. Wearing a cloth face covering is **not a substitute** for the current recommendation to use social distancing, handwashing, and others.

### **HOW TO MANAGE MY HEALTH AT HOME IF I AM POSSIBLE OR CONFIRMED COVID-19?**

- ✓ Stay home from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.
- ✓ Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
- ✓ Get rest and stay hydrated.
- ✓ If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.
- ✓ For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
- ✓ Cover your cough and sneezes.
- ✓ Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- ✓ As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.
- ✓ Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.
- ✓ Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

### **WHEN SHOULD I SEEK MEDICAL ATTENTION IF I AM VERY SICK?**

Most people with COVID-19 symptoms can manage their symptoms and recover at home.

If you are sick, please stay home until you have no fever for at least 72 hours (that is three full days of no fever without the use of 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.

If you develop **Emergency Warning Signs** for COVID-19 seek **medical attention immediately**.

Emergency warning signs include:

- Trouble breathing
- 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.

For more information about COVID-19 go to [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

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