What you can do to prepare, if you or a family member gets ill, or if your community experiences a spread of COVID-19

- Know where to find local information on COVID-19 and local trends of COVID-19 cases. We recommended the following sites:
  - [www.CDC.gov/covid19](http://www.CDC.gov/covid19)

- Know the signs and symptoms of COVID-19 (fever, cough, and shortness of breath have been the most reported symptoms) and what to do if symptomatic:
  - Stay home when you are sick, handwashing, practice respiratory etiquette, clean frequently touched surfaces daily
  - Call your health care provider’s office in advance of a visit
  - Limit movement in the community
  - Limit visitors
  - Refer to the CDC website for further information on what to do if you are sick [https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html)

- Know what additional measures those at high risk (older adults and those with chronic medical conditions like heart disease, diabetes, and lung disease) should take.

- Implement personal protective measures (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).

- Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
  - Consider 2-week supply of prescriptions and over the counter medications, food and other essentials. Know how to get food delivered if possible.
  - Establish ways to communicate with others (e.g., family, friends, co-workers).
  - Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

- Know about emergency operations plans for schools/workplaces/Day Programs of household members.

If there is a minimal to moderate level of community transmission in your area, continue to follow the above and implement the following:

- Continue to monitor local information about COVID-19 in your community.

- Continue to practice personal protective measures.

- Continue to put household plan into action.

- Individuals at increased risk of severe illness should consider staying at home and avoiding gatherings or other situations of potential exposures, including travel.

- Continue to monitor local information.

- Continue to practice personal protective measures.

Help prevent the spread of respiratory diseases like the flu and COVID-19:

Wash your **hands often** with soap and warm water, or use an alcohol-based gel.

Avoid **touching** your eyes, nose and mouth.

Clean things that are frequently touched (like doorknobs and countertops) with household cleaning spray or wipes.

**Cover your mouth** when you cough or sneeze. Use a tissue or your inner elbow, not your hands.

Stay home if you are **sick** and avoid close contact with others.

Think ahead about how to take care of yourself and your loved ones if the virus starts spreading in the community. Visit [mass.gov/KnowPlanPrepare](https://mass.gov/KnowPlanPrepare) for a preparedness checklist.

For more, visit: [www.mass.gov/2019coronavirus](https://www.mass.gov/2019coronavirus)
SCREENING QUESTIONS:

For use by family members before allowing field staff or others in their home. Also for use by field staff before entering a home.

To limit the exposure and the spread of COVID-19 we ask you the following questions:

Are you sick or experiencing any of the following symptoms of a respiratory infection; cough, fever, shortness of breath, sore throat?

In the last 14 days, have you had contact with someone with a confirmed diagnosis of COVID-19, or under investigation for COVID-19, or is ill with respiratory illness?

Have you traveled internationally in the last 14 days or reside in a community where community based spread of COVID-19 is occurring?

Have you been in close contact [within 6 ft] with someone who has traveled or resides in a community where community based spread of COVID-19 is occurring?