

CORONAVIRUS (COVID-19)

de.gov/coronavirus



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health

PROTECT YOURSELF & OTHERS

WASH YOUR HANDS FREQUENTLY

Be sure to wash your hands, including the backs and under your nails, for 20 seconds. Or use alcohol-based hand sanitizer.



DO NOT TOUCH YOUR FACE

Do not touch your face, eyes, nose, or mouth with unwashed hands.



CLEAN SURFACES REGULARLY

Clean commonly used surfaces such as phones, computers, desktops, countertops, cabinets and handles.



COUGH OR SNEEZE INTO YOUR ELBOW

Do not sneeze into your hand. If you use tissue, dispose of it right away.

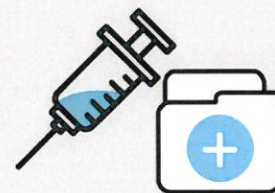
STAY HOME WHEN YOU ARE SICK

Be safe. If you feel sick, stay home.



PREVENT THE FLU, GET VACCINATED

Be sure to receive your flu vaccine as soon as possible.



IF YOU ARE HEALTHY, THE CDC DOES NOT RECOMMEND BUYING OR USING FACE MASKS

You should only wear a mask if a health care provider tells you to do so.

Questions? Contact us.

1-866-408-1899 or dphcall@delaware.gov

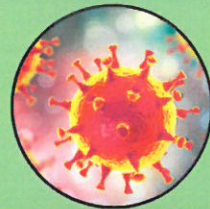


Coronavirus Disease 2019 (COVID-19)

If you have returned from travel to an affected country in the last 14 days and are experiencing symptoms mentioned below, call the Division of Public Health at 1-866-408-1899.

What is it?

- A new respiratory virus first identified in Wuhan, China
- It has the potential to cause severe illness and pneumonia in some people



How is it spread?



- Through the the air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

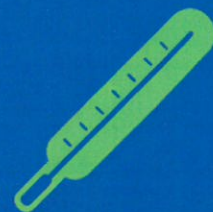
Who is at risk?

- Travelers to and from certain affected countries are at increased risk as are their close contacts
For a list of affected countries, visit [cdc.gov/coronavirus/2019-ncov/travelers/index.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html)
- Current risk to the general public is low
- See travel guidance from the Centers For Disease Control and Prevention at wwwnc.cdc.gov/travel

What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:

- Fever
- Cough
- Shortness of breath



How is it prevented and treated?

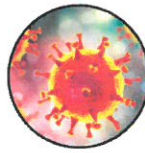


- Similar to prevention of other respiratory illnesses, including the flu:
 - Wash hands often
 - Avoid touching eyes, nose, or mouth with unwashed hands
 - Avoid contact with sick people
 - Stay home while you are sick; avoid others
 - Cover mouth/nose with a tissue or sleeve when coughing or sneezing
- Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications



DELAWARE HEALTH AND SOCIAL SERVICES
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**For more information, visit de.gov/coronavirus
Call 1-866-408-1899.
Medical providers should call 1-888-295-5156.
Email dphcall@delaware.gov**



Returning Traveler Information

SYMPTOMS



FEVER



COUGH



SHORTNESS
OF BREATH



People should not be excluded from activities based on their race or country of origin. This guidance is based only on a person's travel history.

GUIDANCE FOR RETURNING TRAVELERS

As of February 3, all travelers returning from **Hubei Province in China**, and symptomatic people returning from mainland China, will be quarantined for 14 days near a U.S. airport of entry, per federal orders.

If you have returned from a country identified by the CDC as a Geographic Area with Sustained Transmission (Travel Alert 2 or 3) in the last **14 days** and:

- have fever, cough and/or shortness of breath, contact the Division of Public Health at **1-866-408-1899** to discuss next steps. Those who need to call 9-1-1 for a medical emergency should advise dispatchers of your recent travel and symptoms.
- do not have fever, cough and/or shortness of breath, contact the Division of Public Health call center at **1-866-408-1899** for instructions on self-monitoring for symptoms.

For a list of countries included in the travel alerts, visit [cdc.gov/coronavirus/2019-ncov/travelers/index.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html).

Asymptomatic returning travelers are asked to stay at home (no work, school, attending public gatherings) during this 14-day period. If a returning traveler develops symptoms during the 14-day period, and there is no medical emergency, they should contact DPH instead of calling 9-1-1 or visiting a walk-in or urgent care facility.

PREVENTION



Wash hands with water and soap or sanitizer for at least 20 seconds



Avoid contact with sick people



Don't touch eyes, nose, or mouth with unwashed hands



Stay at home



Avoid contact with others



Cover nose and mouth if sneezing or coughing



Keep objects and surfaces clean



Wear a surgical mask

IF YOU ARE SICK

For more information, visit de.gov/coronavirus

Call **1-866-408-1899** to speak to an operator at the DPH call center during normal business hours.

Email dphcallctr@delaware.gov