

Phase Two Guidance
Coronavirus 2019 (COVID-19): General Guidance for the Public

This guidance serves to provide Phase two recommendations to the general public. These recommendations should be followed to help protect other individuals, members of your family, and the community. Please be sure to regularly visit <https://coronavirus.dc.gov/phasetwo> to get the most up-to-date information.

Stop the spread of COVID-19

- Stay at home if you are feeling unwell.
- Practice social distancing. Keep 6 feet of distance between you and other people who are not in your household.
- Outdoor activities are preferred over indoor, however it is important to understand that there **interacting with more people in any setting raises your risk**, so it is important to follow social distancing and cloth face covering recommendations.
- Wear a cloth face covering when around other people who are not from your household. A cloth face covering is not a substitute for physical distancing.
- If you are unable to wear a cloth face covering, maintain 6 feet of distance between you and others.
 - Masks are not recommended for children under two and those who experience difficulty breathing with masks.
- Wash your hands with soap and water frequently or use a hand sanitizer that contains at least 60% alcohol and is store-bought (do not make your own).
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- If visiting with members of another household:
 - Meet outdoors whenever possible,
 - Make sure no one has been sick or around someone who was sick in the last two weeks,
 - Maintain 6 feet from people from other households when possible,
 - Wear a cloth face covering,
 - Encourage guests to bring their own food,
 - Avoid sharing food, utensils, and other items,
 - Wash hands frequently and at the end of the visit,
 - Keep a list of guests.
- Clean and disinfect frequently touched objects and surfaces at least daily. Make sure you clean visible dirt with soap and water before you disinfect. For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>

Prepare for Possible Illness

- Create a list of local organizations you and your household can contact in case you need access to information, healthcare services, support, and resources. Consider members of the household that may be at greater risk, such as older adults and individuals with chronic health conditions. Guidance for older adults and individuals with chronic health conditions is available at <https://coronavirus.dc.gov/>.
- Create an emergency contact list, including someone who can take care of your children or pets in your absence.
- Choose a room or area in your house that can be used to separate sick household members from others as much as possible.

- Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand. Consider using mail-order or pharmacy delivery services.
- Be sure you have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared in the event that you need to stay home while you or someone in your household is sick. When shopping, buy only what you need and avoid hoarding.
- Take care of the emotional health of your household members, including yourself. Stay in contact with others by phone or email.
- Check <https://coronavirus.dc.gov/> to find resources for DC residents.
- Sign up for the latest news and updates from DC Homeland Security and Emergency Management Agency (HSEMA) at AlertDC: <https://hsema.dc.gov/>

Monitor your health

- Be alert for symptoms of COVID-19.
- Symptoms may include: fever (subjective or 100.4 degrees Fahrenheit), chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, or otherwise feeling unwell.

If you develop symptoms

- Stay at home, and limit close contact (at least 6 feet of distance) with others.
- Stay in a separate room and use a separate bathroom from others in your household.
- Avoid sharing personal items.
- Do not go to work. If possible, use sick leave or telework.
- Avoid public transportation, ride-sharing, or taxis, unless necessary.
- If you need to be evaluated for COVID-19, consult with your healthcare provider. **Call ahead and let them know of your symptoms.**
- Information on other options for COVID-19 testing are also available at <https://coronavirus.dc.gov/testing>.
- **Call 911 if you have a medical emergency** such as difficulty breathing, shortness of breath, persistent pain or pressure in the chest, new confusion, or inability to arouse, bluish lips or face.

Stay informed about the local COVID-19 situation. Please be sure to regularly visit <https://coronavirus.dc.gov/> to get the most up-to-date information