

## COVID-10 GUIDELINES FROM THE WAGONER COUNTY HEALTH DEPARTMENT

March 18, 2020

It is up to all of us to prevent the spread of COVID-19. Critical steps to take include:

- If you feel sick, stay home. Do not go to work.
- If your children are sick, keep them at home. Do not send them to school.
- If someone in your household has tested positive for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school.
- If you are an older person, stay home and away from other people.
- If you are a person with a serious underlying health condition that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

Testing for COVID-19 does not result in a specific course of treatment. With limited testing supplies, you are encouraged to stay home through the course of the illness. Actively seeking testing just results in more exposures. Should you experience something other than mild symptoms, such as respiratory issues, or have an underlying medical condition, contact your medical provider.

Even if you are young and healthy, your activities can increase the risk for others. Please take these steps to protect your community:

- Work or engage in schooling from home whenever possible.
- If you work in a critical infrastructure industry such as healthcare services, pharmaceutical, and food supply, you and your employer should follow CDC guidance to protect your health and the health of others at work.
- Avoid social gatherings in groups of more than 10 people.
- Avoid eating or drinking at bars, restaurants and food courts. Instead, use drive-thru, pickup, or delivery options.
- Avoid unnecessary travel, shopping trips, and social visits.
- Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.
- Practice good hygiene:
  - Wash your hands, especially after touching any frequently use item or surface.
  - Avoid touching your face.
  - Sneeze or cough into a tissue or the inside of your elbow.
  - Disinfect frequently used items and surfaces as much as possible.

If you have questions about these recommendations, contact your County Health Department Regional Administrative Director. She will be able to provide you with the latest information. Also, for additional questions, please call the Coronavirus Hotline at: (877) 215-8336.