

# Detroit's COVID-19 Small Business PlayBook

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Robert Dunne COVID-19 Chief Medical Consultant City of Detroit To All City of Detroit Business Owners:

Phase 4 of the Michigan Safe Start Plan is the "improving" phase, in which many businesses will be permitted by the Governor to reopen. In Detroit, we want to be sure that our businesses reopen in a way that is medically safe for both your employees and their customers. We're going to do everything possible to prevent a resurgence of COVID-19, which would threaten our neighbors' health and force a reclosing of our businesses.

At the City of Detroit, we are operating multiple departments, including police, fire, buses, legal services, parks, and many others. By following the standards listed here, we've found that our employees can return to work safely and actually have lower infection rates than Detroiters who stay home.

But this requires a thoughtful and conscious plan.

Whether yours is an essential business already open or one preparing to open when the Governor declares Michigan in Phase 4, we strongly encourage you to develop a COVID Safe Work Plan. If you post it on your website and at your business, you will be reassuring your employees and your customers that you are operating with their safety in mind.

We have found that a model policy for COVID-19 Safe Workplace include six elements:

- 1) Initial testing of each employee for Covid-19.
- 2) Daily employee temperature check, health screening, and monitoring.
- 3) Workplace distancing and hygiene protocols.
- 4) Mandatory use of masks and other necessary PPE.
- 5) Thorough and frequent cleaning of workspaces and vehicles.
- 6) Ensuring a continuous adequate stockpile of necessary PPE and sanitizing supplies.

These elements have been reviewed and approved by the City's Chief Medical Consultant Dr. Robert Dunne.

Together, and with your support, we can make Detroit a leader for Covid-19 prevention in the country.

Michael E. Duggan Mayor

### I. Pre-Employment Employee Testing

# A. Prior to opening your business, all employees should produce evidence of a negative COVID-19 test no older than 2 Weeks from the first day on the job.

If you would like, the City of Detroit can provide free COVID-19 tests to your employees. Business owners and employees should follow the following steps to ensure a testing appointment at the Coronavirus Community Care Network (CCCN) drive-thru testing site at the State Fair Grounds:

- (1) **The business owner should call the CCCN call center at 313-230-0505** and then hitthe Employer Option number (option #3).
- (2) Business owners can then register their business with the CCCN call center.
- (3) Within 48 hours, a business owner should receive a call from their Detroit Business Liaison, who should provide them with an Employer Code.
- (4) Business owners should provide the Employer Code to all employees.
- (5) Employees should **call the CCCN call center at 313-230-0505** and then hit the Employee Option number (option #4) to schedule their test.
- (6) Employees should provide written evidence of a negative test result before beginning work at the site, a copy of which should be kept on file by the business owner.

### B. Standards for returning an employee to work who has tested positive.

Employees who test positive for COVID-19 should be cleared by a health care provider before they return to work. The health care provider should ensure the following prior to certifying that a employee is ready to return to work:

- At least 10 days should have elapsed since the positive test; and
- The individual has been free of fever, shortness of breath, and/or sore throat, without medication, for 72 hours.

If the prior conditions have been met, the employee should contact the CCCN at 313-230-0505. A COVID-19 test should be administered to clear the employee to return to work. Employees should provide written evidence of a negative test result before beginning work on-site, a copy of which should be kept on file by the business owner.

### C. Private Testing

As an alternative to relying on the testing provided by the City of Detroit, employees may rely on a private test to be cleared to return to work. **Employees who coordinated private testing should adhere to the following before returning to work:** 

- The test should have been taken within two (2) weeks prior to the return-to-work date;
- Employees should provide written evidence of a negative test result before beginning work at the site, a copy of which should be kept on file by the business owner; and
- The individual may not return to work until test results are available.

### II. Daily Employee Health Screening and Monitoring

### A. Daily Health Screening

Employee health status should be monitored at the beginning of their shift and upon arrival at the property, by (1) having their temperature(s) taken, and (2) answering the questions on the questionnaire attached as Appendix B. Employees need not be screened more than once a day, and should receive a visual marker (e.g. stickers, wristbands, etc) signifying that they have been screened that day. Employees should display that visible marker for the remainder of the day.

Each workplace should have a designated screener. This screening should include gauging the employee's temperature to ensure the employee does not have a low-grade fever, which is often a first symptom of COVID-19. If an employee does not pass screening, that employee should not be permitted to enter the worksite.

### **B.** Exposure Response

If an employee becomes sick while on the job (e.g., begins demonstrating symptoms during the workday) that employee should be **sent for medical evaluation**. **If the employee appears very ill, 911 should be contacted**.

If an employee is safe to be sent home, that employee should not return to work until being evaluated and receiving a negative COVID-19 test. The testing regimen outlined in Section I of these policies should be followed for any employee who develops symptoms.

Similarly, if an employee who has been working on-site develops symptoms of COVID-19 during non-work hours, that employee should not return to work until receiving a negative COVID-19 test. The testing regimen outlined in Section I of these policies should be followed for any employee who develops symptoms.

Employees who begin to develop symptoms should contact their supervisor to determine appropriate timeoff provisions.

### III. Workplace Practices and Distancing

### A. Sick Policy

Anyone experiencing COVID-19 related symptoms (i.e. fever, cough, shortness of breath, diarrhea, loss of smell or taste), or who has prolonged exposure to someone that has tested positive SHOULD NOT attempt to enter the business facility, either as a customer or employee

In this instance, employees should NOT report to work. They should follow their regular call-in procedure to report their absence to their supervisor. In addition, employees should stay at home and isolate to minimize the potential spread to others.

Employees with worsening health conditions should consult a physician.

### B. Strict Physical Distancing for all Employees

The Centers for Disease Control (CDC) has identified social distancing as a key tool to prevent the spread of the virus. Social distancing is defined as being no less than six feet apart from another person. Towards that end, the following social-distancing requirements shall be put into effect:

- Employees shall stay six feet apart from another person whenever feasible.
- Elevators should be marked with places for people to stand, at appropriate social-distancing spacing.
- Employees shall reduce the number of in-person meetings and congregations, and instead use Zoom or other video conference-call vendors for a meeting.
- When working in a group atmosphere, as few employees should be assigned to a task as possible.

Employees should also adhere to state-level guidelines—including, but not limited to, executive orders from the Governor—to ensure their safety outside of work.

### C. Workspace Modifications or Changes

In order to ensure adherence to physical distancing guidelines, business owners should assess their workspaces for necessary modifications and changes. Modifications or changes could include:

- Creating 6-foot markings on the floor to encourage employee and customer spacing, where feasible or appropriate.
- Removing chairs and desks in offices to ensure 6-foot spacing.
- Limiting the number of people that can be in one room at a time, and creating clear, maximum room occupancy signage based on adequate spacing.

- Considering more appropriate spaces that allow for 6-foot spacing between employees.
- For business without running water, hand sanitizer that contains at least 60% alcohol should be readily available and accessible to all those on site.
- Ensuring that seated customers and visitors are more than 6 feet from other people.

### **D. Encourage Good Hand Hygiene Practices**

Business owners should also encourage good hygiene practices for employees, by placing signage around the workspace reminding employees to:

- Eliminate handshaking and consider an elbow greeting or bow.
- Wash hands frequently with soap and water for at least 20 seconds especially before or after going
  to the restroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and
  water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- When sneezing or coughing, cover your mouth and nose with a tissue and discard the tissue. If you do not have a tissue, cough or sneeze into your upper sleeve and not in yourhands.
- Wash or sanitize hands after touching surfaces.
- Wash or sanitize hands after removing gloves.
- Avoid touching your face.

To facilitate this requirement, business owners may use or modify the signage attached as Appendix C

### IV. Use of Personal Protective Equipment

Businesses should help to ensure the health and safety of all employees and its residents. Therefore, the use of personal protection equipment employees, including surgical masks, while at work, is important.

### A. Daily Use of Surgical Masks for Employees

All employees should be required to wear a surgical mask while reporting to work to reduce the spread of the virus. Employees are required wear the mask throughout the day unless they are alone in a closed office or vehicle.

Masks can be re-used by employees provided the masks do not get soiled, wet, or exposed to employees that test positive for COVID-19.

### Employees should be required to wear the mask and eye protection in the following circumstances:

- When interacting with other employees
- Driving in a car with another individual in the passenger seat.

Employees should be reminded that while surgical masks provide important protection in daily activity, social distancing and hand hygiene are the most important steps to take to prevent the spread of COVID-19.

### B. Daily Use of N-95 Masks by Employees Interfacing with the Public

Whenever possible, employees interacting with the public should wear a mask meeting the N-95 standard. Masks can be re-used by employees provided the masks do not get soiled or wet. Whenever an employee requires a new mask, they should notify management.

### C. Use of Masks by the Public

Business owners should encourage the stringent use of masks for any member of the public who enters your place of business, in order to prevent the spread of infection among employees and other members of the public.

### **D.Use of Gloves in Selected Environments**

For employees who have regular interaction with the public, business owners should consider how they might develop protocols for the use of gloves. Business owners should also ensure that their protocol involves hands being washed or sanitized after glove removal.

### E. Use of Eye Protection in Selected Environments

For employees whose job function inevitably requires them to come within six feet of others, eye protection (which may include face shields) should be worn whenever they are within six feet of others.

### V. Worksite and Vehicle Cleaning

### A. Sanitation and Disinfection

Business owners should develop protocols to ensure that all high-touch or high-traffic surface—such as doorknobs, railings, frequently used drawer handles, and instrument/appliance controls—are sanitized at least every two hours. Implementation of a checklist for cleaning staff can help reduce the risk of the spread of infection. At the minimum, disinfectant wipes should be used to clean commonly used surfaces every two hours (e.g. phones, keyboards, desks, etc.). For keyboards and other commonly used electronics, ensure the device is powered off and is cleaned with a disinfectant wipe that is bleach-free and not overly damp.

Employees working within vehicles should use disinfectant wipes on commonly used surfaces (gear shifter, steering wheel) before and after every shift.

The cleaning steps outlined below should be taken routinely, based on frequency mentioned, to disinfect workplace surfaces, chairs, tables, etc. and protect employees.

#	Area/Place	Disinfection Content	Disinfectant	Disinfection Measures	Frequency
1	Common surfaces	Including control buttons, tools, and other common surfaces		Spray with hand held sprayer or wipe	Minimiim at the
2	Offices, desk, and conference rooms	Table and chair surface	Hospital grade	_ •	At the end of each meeting and end of day
3	Conveyor belts	of common worker interphase	disinfectant or fresh 10% chlorine bleach solution (sodium hypochlorite solution),	Spray with	At least once respectively in the morning and afternoon
4	Moveable trays or containers	Handles and other	as appropriate	Spray with sprayer	Based on use; once per shift if contacted by 1 person only; otherwise,

5	•	Doors and windows, handles, faucets, sinks, and bathrooms Table and chair		Spray with hand held sprayer or wipe
6	Cafeteria/Canteen	surfaces, dispensers, vending machines, etc.		Spray with sprayer
7	Tableware	Disinfection of tableware		Place in high- temperature disinfection cabinet, with temperature higher than 60°C, and time longer than half an hour
8	Vending machines	Interface surfaces (pay, selection and vending surfaces)		Spray with sprayer
9	Forklifts	Wipe areas of common human interaction	disinfectant or fresh 10% chlorine bleach solution	
10	Multi-user safety vest and other PPE	All surfaces	(sodium hypochlorite solution), as appropriate	Spray with sprayer
11	Transport vehicles	Common surfaces (e.g. seat surfaces rails, belts, door and window controls)		Spray with sprayer
12		All general floors and walls at site		Мор

# Appendix A: Business Owner Checklist

### Checklist for Development of COVID-19 Return to Work Business Protocols

<b>Business Name</b>	
Supervisor	
Name	
Type of Business	
Business	
Location	
Workplace	
Environment	

### Please use the checklist below to review your protocols to ensure you have included all of the following.

#### **Checklist:**

#### \_\_\_\_ Employee Testing Protocols, including:

- Testing protocols for all employees within 2 weeks of the first day on the job
- Standards for returning an employee to work who has tested positive

### \_\_ Employee Health Screening & Monitoring Protocols, including:

- Daily health screening protocols
- Response protocols in the event an on-site employee becomes sick or tests COVID-positive

#### \_ Workplace Practice protocols, including:

- Protocols to ensure sick people do not enter the workspace
- Strict physical distancing protocols
- Workspace modifications or changes
- Protocols for encouraging good hand hygiene practices

#### **Use of Personal Protective Equipment protocols, including:**

- Protocols for the daily use of surgical masks by employees
- Protocols for the daily use of N-95 masks by employees interfacing with the public
- Protocols the use of masks by the public
- Protocols for the use of gloves in selected environments (if applicable)
- Protocols for the use of eye protection in selected environments (if applicable)

### \_Worksite and Vehicle Cleaning protocols, including:

- Protocols for the sanitation and disinfection of high-touch or high-traffic surfaces
- Protocols for the sanitation and disinfection of vehicles (if applicable)

### Appendix B: Screening Questionnaire

Date:	Screener Name:
Location:	

		Have you had a Positive	Experiencing Any Symptoms?					Close contact with	Current	
Nam e	Tim e	COVID-19 Test result?	Fever	Cough	Diarrhe a / Nausea	Reduced Smell & Taste	Shortness of Breath	Others exhibiting symptoms or Tested Positive?	Temperat ure	Pass / Fail
		Y   N	Y   N	Y N	Y   N	Y   N	Y N	Y   N		Y   N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y N	Y N	Y   N		Y N
		Y   N	Y N	Y N	Y   N	Y N	Y N	Y   N		Y N
		Y   N	Y N	Y N	Y   N	Y N	Y N	Y   N		Y N
		Y   N	Y N	Y N	Y   N	Y N	Y N	Y   N		Y N
		Y   N	Y N	Y N	Y   N	Y N	Y N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y N	Y N	Y   N		Y   N
		Y   N	Y   N	Y   N	Y   N	Y N	Y N	Y   N		Y   N
		Y   N	Y   N	Y   N	Y   N	Y N	Y N	Y   N		Y   N
		Y   N	Y   N	Y   N	Y   N	Y N	Y N	Y   N		Y   N
		Y   N	Y   N	Y N	Y   N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y N	Y N	Y   N		Y   N
		Y   N	Y   N	Y   N	Y   N	Y N	Y N	Y   N		Y   N
		Y   N	Y   N	Y   N	Y   N	Y N	Y N	Y   N		Y   N
		Y   N	Y   N	Y N	Y   N	Y   N	Y N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y   N	Y N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y N	Y   N	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y   N	Y   N	Y   N	Y   N	Y   N		Y   N
		Y   N	<b>Y</b>   <b>N</b>	Y   N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y   N	Y N	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y   N	Y   N	Y   N	Y   N	Y   N		Y   N

Date:	Screener Name:
Location:	HR PHONE#: (313) 920-8326

		Have you had a Positive	Experiencing Any Symptoms?					Close contact with	Current	
Nam e	Tim e	COVID-19 Test result?	Fever Cough		Diarrhe Reduced a / Smell & Nausea Taste		Shortness of Breath	Others exhibiting symptoms or Tested Positive?	Temperat ure	Pass / Fail
		Y   N	<b>Y</b>   <b>N</b>	Y N	Y N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y   N
		Y   N	Y   N	Y N	Y N	Y N	Y N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y   N
		Y   N	<b>Y</b>   <b>N</b>	Y N	Y N	Y   N	Y   N	Y   N		Y   N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y   N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y   N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y   N
		Y   N	Y   N	Y N	Y N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y   N
		Y   N	Y   N	Y N	Y N	Y N	Y N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y N	Y N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y N	Y N	Y   N		Y N
		Y   N	Y N	Y N	Y N	Y N	Y   N	Y   N		Y N

Date:	Screener Name:
Location:	HR PHONE # · (212) 020-8226
Location:	HR PHONE#: (313) 920-832

		Have you had a Positive	Experiencing Any Symptoms?					Close contact with	Current	- /
Nam e	Tim e	COVID-19 Test result?	Fever	Cough	Diarrhe a / Nausea	Reduced Smell & Taste	Shortness of Breath	Others exhibiting symptoms or Tested Positive?	Temperat ure	Pass / Fail
		Y   N	<b>Y</b>   <b>N</b>	Y   N	Y   N	<b>Y</b>   <b>N</b>	<b>Y</b>   <b>N</b>	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y   N	Y   N	<b>Y</b>   <b>N</b>	<b>Y</b>   <b>N</b>	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y N	Y   N	Y   N	<b>Y</b>   <b>N</b>	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y N	Y   N	Y N	Y   N	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y   N	Y   N	Y N	<b>Y</b>   <b>N</b>	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y N	Y   N	<b>Y</b>   <b>N</b>	<b>Y</b>   <b>N</b>	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y N	Y   N	Y N	<b>Y</b>   <b>N</b>	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y N	Y   N	Y N	<b>Y</b>   <b>N</b>	Y   N		Y N
		Y   N	<b>Y</b>   <b>N</b>	Y N	Y   N	Y   N	<b>Y</b>   <b>N</b>	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y   N	Y   N	Y   N		Y   N
		Y   N	Y   N	Y   N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y   N	Y   N	Y   N		Y N
		Y   N	Y   N	Y N	Y   N	Y N	Y   N	Y   N		Y N
		Y   N	Y   N	Y   N	Y   N	Y N	Y N	Y   N		Y N

Date:	Screener Name:
Location:	

Nam e	Tim a Positive COVID-19 Test result?	Experiencing Any Symptoms?					Close contact with	Current		
		COVID-19 Test	Feve r	Cough	Diarrhe a / Nausea	Reduced Smell & Taste	Shortness of Breath	Others exhibiting symptoms or Tested Positive?		Pass / Fail
		Y   N	Y   N	Y N	Y N	Y   N	Y N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y   N	Y N	Y   N		Y N
		Y   N	Y   N	Y N	Y N	Y   N	Y N	Y   N		Y N

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### **Appendix C: Signage**

## What you should know about COVID-19 to protect yourself and others



#### Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



### Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



### Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcoholbased hand sanitizer that contains at least 60% alcohol.



### **Practice social distancing**

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



### Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



### Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



## Lo que necesita saber sobre la enfermedad del coronavirus 2019 (COVID-19)

#### ¿Qué es la enfermedad del coronavirus 2019 (COVID-19)?

La enfermedad del coronavirus 2019 (COVID-19) es una afección respiratoria que se puede propagar de persona a persona. El virus que causa el COVID-19 es un nuevo coronavirus que se identificó por primera vez durante la investigación de un brote en Wuhan, China.

### ¿Pueden las personas en los EE. UU. contraer el COVID-19?

Sí. El COVID-19 se está propagando de persona a persona en partes de los Estados Unidos. El riesgo de infección con COVID-19 es mayor en las personas que son contactos cercanos de alguien que se sepa que tiene el COVID-19, por ejemplo, trabajadores del sector de la salud o miembros del hogar. Otras personas con un riesgo mayor de infección son las que viven o han estado recientemente en un área con propagación en curso del COVID-19.

#### ¿Ha habido casos de COVID-19 en los EE. UU.?

Sí. El primer caso de COVID-19 en los Estados Unidos se notificó el 21 de enero del 2020. La cantidad actual de casos de COVID-19 en los Estados Unidos está disponible en la página web de los CDC en <a href="https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html">https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html</a>.

### ¿Cómo se propaga el COVID-19?

Es probable que el virus que causa el COVID-19 haya surgido de una fuente animal, pero ahora se está propagando de persona a persona. Se cree que el virus se propaga principalmente entre las personas que están en contacto cercano unas con otras (dentro de 6 pies de distancia), a través de las gotitas respiratorias que se producen cuando una persona infectada tose o estornuda. También podría ser posible que una persona contraiga el COVID-19 al tocar una superficie u objeto que tenga el virus y luego se toque la boca, la nariz o posiblemente los ojos, aunque no se cree que esta sea la principal forma en que se propaga el virus. Infórmese sobre lo que se sabe acerca de la propagación de los coronavirus de reciente aparición en <a href="https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html">https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html</a>.

#### ¿Cuáles son los síntomas del COVID-19?

Los pacientes con COVID-19 han tenido enfermedad respiratoria de leve a grave con los siguientes síntomas:

- fiebre
- tos
- dificultad para respirar

### ¿Cuáles son las complicaciones graves provocadas por este virus?

Algunos pacientes presentan neumonía en ambos pulmones, insuficiencia de múltiples órganos y algunos han muerto.

#### ¿Qué puedo hacer para ayudar a protegerme?

Las personas se pueden proteger de las enfermedades respiratorias tomando medidas preventivas cotidianas.

- Evite el contacto cercano con personas enfermas.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar
- Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos. Use un desinfectante de manos que contenga al menos un 60 % de alcohol si no hay agua y jabón disponibles.

### Si está enfermo, para prevenir la propagación de la enfermedad respiratoria a los demás, debería hacer lo siguiente:

- Quedarse en casa si está enfermo.
- Cubrirse la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura.
- Limpiar y desinfectar los objetos y las superficies que se tocan frecuentemente.

### ¿Qué debo hacer si he regresado recientemente de un viaje a un área con propagación en curso del COVID-19?

Si ha llegado de viaje proveniente de un área afectada, podrían indicarle que no salga de casa por hasta 2 semanas. Si presenta síntomas durante ese periodo (fiebre, tos, dificultad para respirar), consulte a un médico. Llame al consultorio de su proveedor de atención médica antes de ir y dígales sobre su viaje y sus síntomas. Ellos le darán instrucciones sobre cómo conseguir atención médica sin exponer a los demás a su enfermedad. Mientras esté enfermo, evite el contacto con otras personas, no salga y postergue cualquier viaje para reducir la posibilidad de propagar la enfermedad a los demás.

#### ¿Hay alguna vacuna?

En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de prevenir infecciones es tomar medidas preventivas cotidianas, como evitar el contacto cercano con personas enfermas y lavarse las manos con frecuencia.

### ¿Existe un tratamiento?

No hay un tratamiento antiviral específico para el COVID-19. Las personas con el COVID-19 pueden buscar atención médica para ayudar a aliviar los síntomas.



### Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



CDC

Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/coronavirus