

# **SWEDELSON GOTTLIEB**

*Community Association Attorneys*

## **Coronavirus 19 Community Association Guidebook**

3-12-2020



## **Coronavirus and Community Association Duties and Responsibilities**

*By the Community Association Attorneys at SwedelsonGottlieb*

We are receiving inquiries from board members and managers concerning what community associations should be doing to address the coronavirus (COVID-19) pandemic and the impact of same on their communities. As we will explain, we do not believe that community associations have any direct responsibility to deal with the coronavirus rather protecting one's self from contracting the virus is the responsibility of each individual. That said, there are some commonsense things that should be kept in mind.

### **Generally**

The reality is that the duty to stop the spread of the virus and protect an individual's health is an individual duty; not an association's duty. The greater reality is that no one person or entity can control or stop the spread of the virus. On its website, the Center for Disease Control (CDC) has reported that person-to-person transfer is the most likely cause of infection. For this reason, the best approach is for associations to not take on any responsibility for dealing with the virus or those that are infected. Instead, associations may want to consider posting notices educating residents about the virus and how they can best protect themselves. These notices are available on the CDC website, <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>.

In addition, associations should consider cancelling events it is sponsoring and board and other meetings. Board meetings can be conducted via conference call. While this is not in strict compliance with the Civil Code, we feel that the coronavirus has created special circumstances and so long as owners are provided the ability to join the call and the ability to speak to the board via an open forum, no court is going to (or should) penalize the association for taking these steps to promote the health and welfare of its residents.

### **Association Liability**

For a California community association to be found liable for someone getting sick, that person would have to show that the association had a duty to keep them healthy, that it was negligent in the performance of that duty and that failure is what caused the illness of the resident. Proving that the association was the cause of the resident contracting the virus will be very difficult, if not impossible. But if there are some steps that can be taken to assist in dealing with the virus, like offering hand sanitizer and being vigilant in keeping the common area clean, that should be done. And as stated above, associations should consider cancelling events it sponsors

and consider holding board meetings via telephone conference calls. These steps will minimize an association's exposure to liability.

Keep in mind that the CDC has yet to ascertain all the various ways that the virus is spreading. While it has been reported that the virus can live on surfaces for up to a week, the CDC has not confirmed that the virus can be transferred by merely touching these surfaces. Further, if the person contracted the virus by touching something, the CDC has said that the transfer would occur by that person touching the contaminated object and then touching their eyes, mouth or nose. This type of transfer means that each person is responsible for their own health. Only individual persons can control if and when they will touch their eyes, nose or mouth after touching an object that may be contaminated. The CDC reports that people are usually infected five days before they start showing symptoms. So, with all of the places we go and people we meet, the illness could be contracted anywhere during that timeframe. So, even if an association starts a massive cleaning endeavor, the door knob that is cleaned one minute could be a contaminated a minute later. People could still get sick. It's inevitable. As the number of infected people grows, it will be more difficult to determine the source of each contamination and how it was spread.

This does not mean that associations should not try to keep the common area clean. It means that associations should do what they can to mitigate the spread of the coronavirus.

### **Check Articles of Incorporation and Other Governing Documents**

While this is something that we do not look for routinely, many community associations governing documents, usually the Article of Incorporation or the bylaws or CC&Rs, may have a provision that references the association's responsibilities as including the health and welfare of the residents. If an association has any obligation to protect the "health and welfare" of its residents in its governing documents, the association likely has a duty to address, at some level, some aspect mitigation of the coronavirus. Usually this kind of language is found only in older documents, and in most cases the articles of incorporation. A review of all governing documents is necessary to determine whether an association has this responsibility.

If the association's governing documents reference a responsibility for the health and welfare of its residents, the association should contact its corporate counsel to determine what this means for that association. There are very few cases that address this issue. We believe that the reference to health and welfare must be viewed in light of an association's primary responsibility and that is to maintain the common areas. So, ensuring that balconies are safe, that exterior lights are working, that doors are locking is what is generally understood to be an associations' responsibility related to health and welfare. As stated above, the experts make it clear that there is very little an association can do to the common area to address the

coronavirus other than following the CDC's recommendation regarding the cleaning of all surfaces (as discussed below).

The CDC has posted tips for preventing the spread of the coronavirus on its website. We have created the following list for community associations based on the CDC's recommendations.

- Post notices to let residents know what they can do to help protect their health, available through the CDC
- Use disinfectants that kill viruses to wipe down common areas that come into contact with people (doorknobs, handles, counter tops, elevator buttons, etc.)
- Consider holding video or conference call meetings of the board and committees or postponing meetings
- Consider whether common area amenities should be closed, including the gym, pool, steam rooms, saunas, spas, etc. and when these closures would be implemented
- Notify residents that the association is monitoring the situation and following guidelines established by the CDC, and recommend residents do the same
- Follow guidance from the CDC
- Post notices asking people to use their own discretion about using common facilities when others are sick and not to use the common area facilities when they are sick
- For common HVAC systems, consider installing bacteria and virus filters; recommend same for unit owners
- Consider purchasing wipes or sanitizing dispensers for elevator areas and doorways
- Talk to service providers that have employees working within the community about the importance of sick people staying home

### **Dealing with Sick Individuals**

For a host of reasons, not the least of which are Health Insurance Portability and Accountability Act (HIPAA) and Americans with Disabilities Act (ADA) laws and a resident's right to privacy, an association cannot ask someone if they have the coronavirus. To avoid discrimination claims, do not ask any questions about race or country of origin. In addition, it is required that associations that are provided information about someone being diagnosed with coronavirus keep that person's information confidential, limiting the dissemination of materials on a need to know basis. What you can do if a report of the virus occurs within the community:

- If warranted by the circumstances (and not all circumstances may warrant this notice), notify residents of the fact that an individual residing at the association has contracted the virus and advise of their need to take steps to protect themselves; and
- Recommend social distancing.

An association should be prepared to reasonably accommodate an owner with a compromised immune system or who is sick to postpone a violation hearing, extend time on an architectural



application, or the like. It would be reasonable to approve such a request and conversely likely unreasonable not to approve such a request.

If a service provider sends a worker onsite at the association who displays any of the signs of the coronavirus (cough and sneezing, fever, etc.), contact their supervisor and ask for them to be sent home. It is recommended by the CDC, that there be no reduction in fees paid due to this interrupted service day. Please contact the association's corporate counsel to discuss options when dealing with extended periods of missed services to develop a prorated payment schedule.

### **Employers**

Community associations that have employees do have duties as an employer and should develop an in-house policy for employees who become sick, whether it be a common cold or coronavirus. Here are some tips for employers:

- Request that employees who have symptoms of acute respiratory illness or fever to stay home until they are free from symptoms for at least 24 hours
- Remind employees of the association's sick leave policies
- Send home employees that have acute respiratory symptoms (cough, wheezing, etc.)
- Post notices that educate employees about cough and sneezing etiquette and the need to washing hands frequently
- Provide tissues, hand sanitizers with 60% alcohol and soap
- Provide wipes to clean workspace surfaces that contain virus killers
- Advise employees that have been travelling to check the CDC website for traveler's health notices
- Employees that have a sick family member at home should notify their supervisor and refer to CDC guidance for how to conduct a risk assessment for themselves
- If an employee is confirmed to have the coronavirus/COVID-19, employers should notify its other employees of potential exposure to the virus and refer them to the CDC guidance for how to conduct a risk assessment for themselves
- Maintain confidentiality of any infected employee as required by the ADA and HIPAA regulations
- Prepare for increased number of sick employees, closed offices, reduced ability to receive and provide services
  - Cross train employees
  - Develop telecommuting capabilities
  - Increase the physical distance between employees while working in the office
  - Identify alternate suppliers of short-term personnel
  - Develop a plan or benchmark for when the office would be closed

Boards of Directors need to make the difficult decisions and cancel or postpone community events. This will not make your residents happy but it will at least control the groups of people

who can infect each other. According to California's Department of Public Health, all events where groups of people in excess of 250 will be present should be cancelled or postponed. Further, the Governor has recommended that all business related events, which we believe includes annual meetings, possibly board meetings and association celebrations, events or the like should be put on hold until there is a reversal of the effects of the pandemic and there are revised guidelines issued by the Department of Health and a lifting of the recommendations by the Governor. It is also recommended that smaller gatherings, ten people or less should only occur with due care and the guaranteed six feet of space to implement social distancing.

The coronavirus is here, is a pandemic and it will impact how all of us live our lives for at least the next couple of months. The more we all do to mitigate the spread of the virus, the sooner we will be done dealing with its affects. We hope that all of you stay healthy as we weather what is now a pandemic. Remember to wash your hands for 20 seconds (singing to yourself happy birthday twice), use hand sanitizer, sneeze or cough into a tissue and make your social greeting an elbow bump or simple hello. Also remember that regardless of the impact of a virus on you, anyone can be a carrier of a virus, and this can significantly impact certain people who are more at risk to a virus, such as those who are elderly and not in excellent health or those who have an underlying health issue. Take care and please let us know how we may be of further assistance to your community associations.

***For advice on California community association legal issues, please contact the Community Association Attorneys at SwedelsonGottlieb at 800-327-2207 or [info@sghoalaw.com](mailto:info@sghoalaw.com).***





*On the following pages, you will find informational print materials from the CDC. In addition, here are links to CDC, State and some of the larger California counties:*

Center for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

Contra Costa County Public Health

<http://www.contracostahealth.org>

Los Angeles Public Health

<http://publichealth.lacounty.gov/media/Coronavirus/>

Orange County Public Health

[http://www.ochealthinfo.com/phs/about/epidasmt/epi/dip/prevention/novel\\_coronavirus](http://www.ochealthinfo.com/phs/about/epidasmt/epi/dip/prevention/novel_coronavirus)

Riverside Public Health

<https://www.rivcoph.org>

Sacramento County Public Health

<https://www.saccounty.net/COVID-19/Pages/default.aspx>

San Bernadino Public Health

<http://wp.sbcounty.gov/dph/coronavirus/>

San Diego Public Health

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV.html#COVID-19SD](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV.html#COVID-19SD)

San Francisco Public Health

<https://www.sfdph.org/dph/alerts/coronavirus.asp>

Santa Barbara Public Health

<https://publichealthsb.org>

Santa Clara Public Health

<https://www.sccgov.org/sites/phd/DiseaseInformation/novel-coronavirus/Pages/home.aspx>

Ventura County

<https://www.ventura.org/covid19/>

# California Public Health Experts: Mass Gatherings Should be Postponed or Canceled Statewide to Slow the Spread of COVID-19

 [oesnews.com/california-public-health-experts-mass-gatherings-should-be-postponed-or-canceled-statewide-to-slow-the-spread-of-covid-19/](https://oesnews.com/california-public-health-experts-mass-gatherings-should-be-postponed-or-canceled-statewide-to-slow-the-spread-of-covid-19/)

Cal OES News Center, Robb Mayberry, Brad Alexander, Monica Vargas

March 12,  
2020



SACRAMENTO – Governor Gavin Newsom announced that California public health officials this evening issued an updated policy on gatherings to protect public health and slow the spread of COVID-19. The state’s public health experts have determined that gatherings should be postponed or canceled across the state until at least the end of March. Non-essential gatherings must be limited to no more than 250 people, while smaller events can proceed only if the organizers can implement social distancing of 6 feet per person. Gatherings of individuals who are at higher risk for severe illness from COVID-19 should be limited to no more than 10 people, while also following social distancing guidelines.

“Changing our actions for a short period of time will save the life of one or more people you know,” said Governor Newsom. “That’s the choice before us. Each of us has extraordinary power to slow the spread of this disease. Not holding that concert or community event can have cascading effects — saving dozens of lives and preserving critical health care resources



that your family may need a month from now. The people in our lives who are most at risk – seniors and those with underlying health conditions — are depending on all of us to make the right choice.”

The state’s updated policy defines a “gathering” as any event or convening that brings together people in a single room or single space at the same time, such as an auditorium, stadium, arena, large conference room, meeting hall, cafeteria, or any other indoor or outdoor space.

This guidance applies to all non-essential professional, social and community gatherings regardless of their sponsor.

Essential gatherings should only be conducted if the essential activity could not be postponed or achieved without gathering, meaning that some other means of communication could not be used to conduct the essential function.

The full policy can be found [here](#).

“These changes will cause real stress — especially for families and businesses least equipped financially to deal with them. The state of California is working closely with businesses who will feel the economic shock of these changes, and we are mobilizing every level of government to help families as they persevere through this global health crisis,” added Governor Newsom.

### **State Efforts to Assist California Workers**

California will continue acting swiftly to help workers hurt by COVID-19. Affected workers can visit the Labor & Workforce Development Agency’s website to review what benefits are available to them. For instance,

- If you’re unable to work because you are caring for an ill or quarantined family member with COVID-19 you may qualify for Paid Family Leave (PFL).
- If you’re unable to work due to medical quarantine or illness, you may qualify for Disability Insurance. Those who have lost a job or have had their hours reduced for reasons related to COVID-19 may be able to partially recover their wages by filing an unemployment insurance claim.
- If a worker or a family member is sick or for preventative care when civil authorities recommend quarantine, workers may use accrued paid sick leave in accordance with the law.
- If workers are unable to do their usual job because they were exposed to and contracted COVID-19 during the regular course of their work, they may be eligible for workers’ compensation benefits. All information and resources can be found at [Labor.Ca.Gov/Coronavirus2019](https://Labor.Ca.Gov/Coronavirus2019)

### **All Community Guidance Released from CDPH:**

The California Department of Public Health has consolidated state guidance on how to prepare and protect Californians from COVID-19 in a single location. This includes guidance for:

- Health care facilities, including long-term care facilities
- Community care facilities, including assisted living facilities and child care
- Schools and institutions of higher education
- First responders, including paramedics and EMTs
- Employers, health care workers and workers in general industry
- Health care plans
- Home cleaning with COVID-19 positive individuals
- Guidance for Using Disinfectants at Schools and Child Cares
- Laboratories
- Health care facilities from Cal/OSHA
- Homelessness Providers

### **What to Do if You Think You're Sick:**

Call ahead: If you are experiencing symptoms of COVID-19 and may have had contact with a person with COVID-19, or recently traveled to countries with apparent community spread, call your health care provider or local public health department first before seeking medical care so that appropriate precautions can be taken.

### **California's Response to COVID-19:**

We have been actively and extensively planning with our local public health and health care delivery systems. Here are some of the things we are already doing:

- As in any public health event, the California Department of Public Health's Medical and Health Coordination Center has been activated and is coordinating public health response efforts across the state.
- California continues to prepare and respond in coordination with federal and local partners, hospitals and physicians.
- Governor Newsom declared a State of Emergency to make additional resources available, formalize emergency actions already underway across multiple state agencies and departments, and help the state prepare for broader spread of COVID-19.
- Governor Gavin Newsom requested the Legislature make up to \$20 million available for state government to respond to the spread of COVID-19.
- California activated the State Operations Center to its highest level to coordinate response efforts across the state.
- 24 million more Californians are now eligible for free medically necessary COVID-19 testing.

- California made available some of its emergency planning reserves of 21 million N95 filtering face piece masks for use in certain health care settings to ease shortages of personal protective equipment.
- The Public Health Department is providing information, guidance documents, and technical support to local health departments, health care facilities, providers, schools, universities, colleges, and childcare facilities across California
- The California Employment Development Department (EDD) is encouraging individuals who are unable to work due to exposure to COVID-19 to file a Disability Insurance claim.
- EDD is also encouraging employers who are experiencing a slowdown in their businesses or services as a result of the Coronavirus impact on the economy to apply for an Unemployment Insurance work sharing program.
- California continues to work in partnership with the federal government to aid in the safe return of 962 Californians from the Grand Princess cruise ship. This mission is centered around protecting the health of the passengers, and ensuring that when the passengers disembark, the public health of the United States, the State of California, and partner communities is protected.
- The Public Health Department is coordinating with federal authorities and local health departments that have implemented screening, monitoring and, in some cases quarantine of returning travelers.
- In coordination with the CDC, state and local health departments, we are actively responding to cases of COVID-19.
- The Public Health Department is supporting hospitals and local public health laboratories in the collection of specimens and testing for COVID-19.

The California Department of Public Health's state laboratory in Richmond and 18 other public health department laboratories now have tests for the virus that causes COVID-19. Eighteen of them are currently conducting tests, with the others coming online soon.

For more the most up to date information on COVID-19 and California's response, visit the [CDPH website](#).

###



**To protect public health and slow the rate of transmission of COVID-19, gatherings as described below should be postponed or canceled across the state of California for at least the remainder of the month of March.**

The California Department of Public Health finds the following:

- Large gatherings that include 250 people or more should be postponed or canceled.
  - This includes gatherings such as concerts, conferences, and professional, college, and school sporting events.
- Smaller gatherings held in venues that do not allow social distancing of six feet per person should be postponed or canceled.
  - This includes gatherings in crowded auditoriums, rooms or other venues.
- Gatherings of individuals who are at higher risk for severe illness from COVID-19 should be limited to no more than 10 people.
  - This includes gatherings such as those at retirement facilities, assisted living facilities, developmental homes, and support groups for people with health conditions.
- A “gathering” is any event or convening that brings together people in a single room or single space at the same time, such as an auditorium, stadium, arena, large conference room, meeting hall, cafeteria, or any other indoor or outdoor space.

This applies to all non-essential professional, social, and community gatherings regardless of their sponsor. Gatherings that do not meet the aforementioned criteria should only be conducted when they are essential—that is, if the activity is essential and could not be postponed or achieved without gathering, meaning that some other means of communication could not be used to conduct the essential function.

### **What will this achieve?**

The timely implementation of aggressive strategies that create social distance and those that reduce close contact of people not regularly together, including limiting gatherings, has proven effective in prior pandemics at delaying rates of transmission and reducing illness and death.

By decreasing the prevalence of disease across California we will:

- Reduce the number of Californians who contract COVID-19 before an effective treatment or vaccine is available.
- Protect those most likely to experience severe symptoms, such as older Californians and those with underlying chronic conditions.
- Preserve and protect our health care delivery system, including our health care workforce, so they can care for the least healthy individuals in the community for any medical condition, not just COVID-19.
- Minimize the social and economic impacts of COVID-19 over the long run.

### **How long will these limitations apply?**

This guidance will remain in place at least through the month of March. As with all guidance that relates to COVID-19 response, authorities will revisit this guidance on a regular basis to evaluate the continued public health need for it and to evaluate if any elements need to be changed. To stay informed, continue to monitor this link:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>

### **What is Social Distancing and how is it achieved?**

Social distancing is a practice recommended by public health officials to stop or slow down the spread of contagious diseases. It requires the creation of physical space between individuals who may spread certain infectious diseases. The key is to minimize the number of gatherings as much as possible and to achieve space between individuals when events or activities cannot be modified, postponed, or canceled.

Although the Department expects most events with more than 250 attendees to be postponed or canceled, we emphasize that the venue space does matter. Achieving space between individuals of approximately six feet is advisable. Additionally, there is a particular focus on creating space between individuals who have come together on a one-time or rare basis and who have very different travel patterns such as those coming from multiple countries, states or counties.

### **What can be done to make a gathering safer if it is essential or small?**



- Stagger activities.
- Add frequency of an event to spread out attendance, e.g. hold more, smaller gatherings.
- Add distance between where individuals sit or stand around tables.
- Add additional hand washing stations and restrooms.
- Limit the number of people in lines.
- Avoid direct physical contact, such as hand-shaking, holding hands, and hugging.
- Extend hours to allow for staggering of attendance or participation.
- Use phones, videos or video conferencing to reduce the need for close interactions.
- Consider ways to encourage anyone with fever and respiratory symptoms to stay home when sick, such as
  - Offering refunds or support reselling of tickets for persons who become ill.
  - Placing messages on websites, tickets, and venue entrances reminding people to protect one another by staying home if sick.

### **Examples of Essential Events this Does Not Apply To**

The goal of this recommendation is to prevent people physically coming together unnecessarily, where people who have the infection can easily spread it to others. This guidance does not apply to activities such as attendance at regular school classes, work, or essential services.

Please see the [guidance for schools](#) document for additional information.

Certain activities are essential to the functioning of our state and must continue. Hence, this does not apply to essential public transportation, airport travel, or shopping at a store or mall. Other [specific guidance](#) can be found on the CDPH website to help people take actions that can protect them in those settings.

This does not apply to congregate living situations, including dormitories and homeless encampments. For more information on what can be done to protect homeless individuals, please see the [Guidance for Homeless Assistance Providers on Novel Coronavirus \(COVID-19\) \(PDF\)](#).

**Patients with COVID-19 have experienced mild to severe respiratory illness.**

**Symptoms\* can include**

**FEVER**



**COUGH**



**\*Symptoms may appear 2-14 days after exposure.**

**Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.**

**SHORTNESS OF BREATH**



**Los pacientes con COVID-19 han presentado enfermedad respiratoria de leve a grave.**

**Los síntomas\* pueden incluir**

**FIEBRE**



**TOS**



**\*Los síntomas pueden aparecer de 2 a 14 días después de la exposición.**

**Consulte a un médico si presenta síntomas y ha estado en contacto cercano con una persona que se sepa que tiene el COVID-19, o si usted vive o ha estado recientemente en un área en la que haya propagación en curso del COVID-19.**

**DIFICULTAD  
PARA RESPIRAR**





Centers for Disease Control and Prevention  
CDC 24/7: Saving Lives, Protecting People™

## Coronavirus Disease 2019 (COVID-19)

### People at Risk for Serious Illness from COVID-19

If you are at **higher risk** of getting very sick from COVID-19, you should:

- **Stock up on supplies.**
- Take **everyday precautions** to keep space between yourself and others.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- **Avoid crowds** as much as possible.
- Avoid **cruise travel** and non-essential air travel.
- During a COVID-19 outbreak in your community, **stay home** as much as possible to further reduce your risk of being exposed.

#### Who is at Higher Risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

If a COVID-19 outbreak happens in your community, it could last for a long time. (An outbreak is when a large number of people suddenly get sick.) Depending on how severe the outbreak is, public health officials may recommend community actions to reduce people's risk of being exposed to COVID-19. These actions can slow the spread and reduce the impact of disease.

If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

#### Get Ready for COVID-19 Now

- Have supplies on hand
  - Contact your healthcare provider to ask about obtaining extra necessary medications to have on hand in case there is an outbreak of COVID-19 in your community and you need to stay home for a prolonged period of time.
  - If you cannot get extra medications, consider using mail-order for medications.
  - 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 to stay at home for a period of time.
- Take everyday precautions
  - Avoid close contact with people who are sick
  - Take everyday preventive actions
    - Clean your hands often
    - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
    - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
    - To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
    - Wash your hands after touching surfaces in public places.
    - Avoid touching your face, nose, eyes, etc.
    - Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones)
    - Avoid crowds, especially in poorly ventilated spaces. Your risk of exposure to respiratory viruses like COVID-19 may increase in crowded, closed-in settings with little air circulation if there are people in the crowd who are sick.
    - Avoid all non-essential travel including plane trips, and especially avoid embarking on [cruise ships](#).
- If COVID-19 is spreading in your community, take extra measures to put distance between yourself and other people to further reduce your risk of being exposed to this new virus.
  - Stay home as much as possible.
    - Consider ways of getting food brought to your house through family, social, or commercial networks
- [Have a plan for if you get sick](#):
  - **Consult with your health care provider for more information about [monitoring your health for symptoms suggestive of COVID-19](#).**
  - Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.
  - Determine who can provide you with care if your caregiver gets sick

Watch for symptoms and emergency warning signs



- Pay attention for potential COVID-19 symptoms including, fever, cough, and shortness of breath. If you feel like you are developing symptoms, call your doctor.
- If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs\*:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

## What to Do if You Get Sick

- Stay home and call your doctor
- Call your healthcare provider and let them know about your symptoms. Tell them that you have or may have COVID-19. This will help them take care of you and keep other people from getting infected or exposed.
- If you are not sick enough to be hospitalized, you can recover at home. Follow CDC instructions for [how to take care of yourself at home](#).
- Know when to get emergency help
- Get medical attention immediately if you have any of the emergency warning signs listed above.

## What Others can do to Support Older Adults

### Community Support for Older Adults

- Community preparedness planning for COVID-19 should include older adults and people with disabilities, and the organizations that support them in their communities, to ensure their needs are taken into consideration.
  - Many of these individuals live in the community, and many depend on services and supports provided in their homes or in the community to maintain their health and independence.
- Long-term care facilities should be vigilant to prevent the introduction and spread of COVID-19. [Information for long-term care facilities can be found here](#).

### Family and Caregiver Support

- Know what medications your loved one is taking and see if you can help them have extra on hand.
- Monitor food and other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- Stock up on non-perishable food items to have on hand in your home to minimize trips to stores.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.

# What you need to know about coronavirus disease 2019 (COVID-19)

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



# 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?

El COVID-19 se está propagando de persona a persona en China y se ha detectado propagación limitada entre contactos cercanos en algunos países fuera de China, incluso en los Estados Unidos. En la actualidad, sin embargo, este virus NO se está propagando en comunidades en los Estados Unidos. En estos momentos, el mayor riesgo de infección es para las personas en China o las personas que han viajado a China. El riesgo de infección depende de la exposición. Los contactos cercanos de las personas infectadas tienen un riesgo mayor de exposición, por ejemplo, los trabajadores del sector de la salud y los contactos cercanos de las personas infectadas por el virus que causa el COVID-19. Los CDC continúan vigilando de cerca la situación.

## ¿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 <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## ¿Cómo se propaga el COVID-19?

Es probable que el virus que causa el COVID-19 haya surgido de una fuente animal, pero parece que ahora se está propagando de persona a persona. Es importante notar que la propagación de persona a persona puede darse en un proceso continuo. Algunas enfermedades son altamente contagiosas (como el sarampión), mientras que otras enfermedades no lo son tanto. En estos momentos, no está claro qué tan fácil o con qué continuidad el virus que causa el COVID-19 se esté propagando entre las personas. Infórmese sobre lo que se sabe acerca de la propagación del coronavirus de reciente aparición en <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html>.

## ¿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?

Muchos pacientes tienen neumonía en ambos pulmones.

## ¿Qué puedo hacer para ayudar a protegerme?

La mejor manera de prevenir la infección es evitar la exposición al virus que causa el COVID-19.

Hay medidas simples preventivas y cotidianas para ayudar a prevenir la propagación de virus respiratorios. Estas incluyen las siguientes:

- Evitar el contacto cercano con personas enfermas.
- Evitar tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Lavarse frecuentemente las manos con agua y jabón por al menos 20 segundos. Usar 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 recientemente viajé a China y me enfermé?

Si estuvo en China en los últimos 14 días, se siente enfermo y tiene fiebre, tos o dificultad para respirar, debería buscar atención médica. 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 la infección es evitar la exposición al virus que causa el COVID-19.

## ¿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.

## 什么是冠状病毒疾病 2019 (COVID-19)?

冠状病毒疾病 2019 (COVID-19) 是一种呼吸道疾病，可在人与人之间传播。引起 COVID-19 的病毒是一种新型冠状病毒，在对武汉暴发的疫情进行调查时首次被发现。

## 在美国，人们是否会患上 COVID-19?

在中国，COVID-19 在人与人之间传播，在中国以外的一些国家（包括美国）发现近距离接触者之间的传播有限。然而，目前这种病毒尚未在美国社区中传播。目前，在中国的人或前往中国旅行的人感染的风险最大。感染风险取决于暴露的情况。近距离接触感染者的暴露风险更大，例如负责诊疗 COVID-19 病毒感染者的医护人员及其近距离接触者。美国疾病控制与预防中心将继续密切监测这种情况。

## 美国是否已经出现 COVID-19 的病例?

是。美国首例 COVID-19 报告于 2020 年 1 月 21 日。美国 COVID-19 病例的当前数量可参见美国疾病控制与预防中心网页 <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>。

## COVID-19 是如何传播的?

引起 COVID-19 的病毒最初可能来自动物，但现在似乎正在人与人之间传播。值得注意的是，人与人之间的传播可能会连续发生。一些疾病具有高度传染性（如麻疹），而其他疾病的传染性较低。目前，尚不清楚引起 COVID-19 的病毒在人群之间传播的容易程度或持续性。了解关于新出现的冠状病毒传播的信息，请访问 <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-chinese.html>。

## COVID-19 有哪些症状?

COVID-19 的患者有轻度至重度的呼吸系统疾病伴以下症状

- 发热
- 咳嗽
- 呼吸困难

## 该病毒有哪些严重并发症?

许多患者有双侧肺炎。

## 我该如何保护自己?

预防感染的最佳方式是避免接触引起 COVID-19 的病毒。

## 有些简单的日常预防措施可以帮助预防呼吸道病毒传播。包括

- 避免与患病的人近距离接触。
- 避免用未清洗过的手触碰眼睛、鼻子和嘴巴。
- 经常用肥皂和水洗手，每次至少 20 秒钟。如果没有肥皂和水，可以使用酒精含量至少为 60% 的酒精类洗手液。

## 如果您患病，为了避免将呼吸系统疾病传播给他人，您应该

- 生病时待在家里。
- 咳嗽或打喷嚏时用纸巾遮住，然后将纸巾丢进垃圾桶。
- 对频繁接触的物体和表面进行清洁和除菌。

## 如果我最近去过中国，且生病了，怎么办?

如果您在过去的 14 天内曾在中国，并感觉不适伴发热、咳嗽或呼吸困难，您应接受诊疗护理。在您去就诊之前，请致电您的医生办公室，告知他们您的旅行史和症状。他们将指导您如何在使其他人暴露于您的疾病的情况下获得诊疗护理。当您患病时，请避免与人接触，不要外出，推迟任何旅行，以减少将疾病传播给他人的可能性。

## 是否有疫苗?

目前尚无疫苗可预防 COVID-19。预防感染的最佳方式是避免接触引起 COVID-19 的病毒。

## 是否有治疗方法?

对于 COVID-19，没有特异性抗病毒的治疗方法。感染了 COVID-19 的患者可以寻求诊疗护理以缓解症状。



# Keeping the workplace safe

## Encourage your employees to...

### Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and schedule regular hand washing reminders by email
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

### Be careful with meetings and travel



- Use videoconferencing for meetings when possible
- When not possible, hold meetings in open, well-ventilated spaces
- Consider adjusting or postponing large meetings or gatherings
- Assess the risks of business travel

### Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

### Stay home if...



- They are feeling sick
- They have a sick family member in their home

**What every American and community can do now to decrease the spread of the coronavirus**



# Keeping the school safe

Encourage your faculty, staff, and students to...

## Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

## Consider rearranging large activities and gatherings



- Consider adjusting or postponing gatherings that mix between classes and grades
- Adjust after-school arrangements to avoid mixing between classes and grades
- When possible, hold classes outdoors or in open, well-ventilated spaces

## Handle food carefully



- Limit food sharing
- Strengthen health screening for cafeteria staff and their close contacts
- Ensure cafeteria staff and their close contacts practice strict hygiene

## Stay home if...



- They are feeling sick
- They have a sick family member in their home

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# Keeping the home safe

Encourage your family members to...

## All households



- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

## Households with vulnerable seniors or those with significant underlying conditions



*Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system*

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

## Households with sick family members



- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

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# Keeping commercial establishments safe

Encourage your employees and customers to...

## Practice good hygiene



- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door, and schedule regular hand washing reminders by email
- Promote tap and pay to limit handling of cash
- Disinfect surfaces like doorknobs, tables, desks, and handrails regularly
- Increase ventilation by opening windows or adjusting air conditioning

## Avoid crowding



- Use booking and scheduling to stagger customer flow
- Use online transactions where possible
- Consider limiting attendance at larger gatherings

## For transportation businesses, taxis, and ride shares



- Keep windows open when possible
- Increase ventilation
- Regularly disinfect surfaces

**What every American and community can do now to decrease the spread of the coronavirus**



## Novel Coronavirus (COVID-19)—Fighting Products<sup>i</sup>

The American Chemistry Council's (ACC) Center for Biocide Chemistries (CBC) has compiled a list of products that have been pre-approved by the U.S. Environmental Protection Agency (EPA) for use against emerging enveloped viral pathogens and can be used during the 2019 novel coronavirus (COVID-19) outbreak. This product list is not exhaustive but can be used by business owners, health professionals, and the public to identify products suitable for use during the COVID-19.

The information in this document is being provided as a public service. All efforts have been made to ensure the information is accurate, but ACC and CBC make no representations or warranties as to the completeness or accuracy of the information. ACC, CBC, and the product manufacturers listed in this document reserve the right to change, delete, or otherwise modify the information without any prior notice. Persons receiving this information must make their own determination as to a product's suitability prior to use based on the product labeling. ACC and CBC do not guarantee or warrant the standard of any product referenced or imply approval of the product to the exclusion of others that may be available. All products listed are registered for labeled uses in accordance with federal laws and regulations as of the date this document is being made available. State regulations may vary. In no event will ACC or CBC be responsible for damages of any nature whatsoever resulting from the use of or reliance upon products to which the information refers.

**Note:** The CBC cannot make a determination of the effectiveness of a product in fighting pathogens like COVID-19. For questions related to the effectiveness of any product not listed below, please contact the manufacturer directly.

**For use of the product,** please contact the company/distributor to confirm use directions, or consult the EPA approved label at <https://www.epa.gov/pesticide-labels/pesticide-product-label-system-ppls-more-information>.

Ready to Use Products		
Commercially Available Product Name	Company/Distributor	EPA REG No.
PURELL Foodservice Surface Sanitizer	GOJO Industries, Inc.	84368-1-84150
PURELL Professional Surface Disinfectant	GOJO Industries, Inc.	84368-1-84150
PURELL Healthcare Surface Disinfectant	GOJO Industries, Inc.	84368-1-84150
PURELL Multi Surface Disinfectant	GOJO Industries, Inc.	84368-1-84150
PURELL Food Processing Surface Sanitizer	GOJO Industries, Inc.	84368-1-84150
Sani-Prime Germicidal Spray	Professional Disposables International, Inc.	9480-10
Sani-HyPerCide Germicidal Spray	Professional Disposables International, Inc.	9480-14
Sani-24 Germicidal Spray	Professional Disposables International, Inc.	42182-9-9480
DETERGENT DISINFECTANT PUMP SPRAY	Stepan Company	1839-83
SC-RTU DISINFECTANT CLEANER	Stepan Company	1839-220
Sanicare TBX	Buckeye International, Inc.	1839-83-559
Clorox Healthcare® Bleach Germicidal Cleaner Spray	Clorox Professional Products Company	56392-7
Clorox Healthcare® Fuzion® Cleaner Disinfectant	Clorox Professional Products Company	67619-30
Clorox Commercial Solutions® Clorox® Clean-Up Disinfectant Cleaner with Bleach <sup>1</sup>	Clorox Professional Products Company	67619-17
Clorox Commercial Solutions® Clorox® Disinfecting Spray	Clorox Professional Products Company	67619-21
Clorox Commercial Solutions® Clorox® 4-in-One Disinfectant & Sanitizer	Clorox Professional Products Company	67619-29
Clorox 4 In One Disinfecting Spray	Clorox Professional Products Company	67619-29
CloroxPro™ Clorox Total 360® Disinfecting Cleaner1	Clorox Professional Products Company	67619-38
Clorox Commercial Solutions® Toilet Bowl Cleaner with Bleach1	Clorox Professional Products Company	67619-16
Clorox Commercial Solutions® Clorox® Disinfecting Biostain & Odor Remover	Clorox Professional Products Company	67619-33
Clorox Commercial Solutions® Clorox® Disinfecting Bathroom Cleaner	Clorox Professional Products Company	5813-40-67619
Clorox Commercial Solutions® Tilex Soap Scum Remover	Clorox Professional Products Company	5813-40-67619
Clorox Commercial Solutions® Hydrogen Peroxide Cleaner Disinfectant	Clorox Professional Products Company	67619-24
Clorox Healthcare® Hydrogen Peroxide Cleaner Disinfectant	Clorox Professional Products Company	67619-24
Clorox Clean Up Cleaner + Bleach	The Clorox Company	5813-21
Clorox Disinfecting Bathroom Cleaner	The Clorox Company	5813-40
Clorox Scentiva Bathroom Disinfectant Foamer	The Clorox Company	5813-40
Clorox Toilet Bowl Cleaner with Bleach	The Clorox Company	5813-89
Clorox Toilet Bowl Cleaner Clinging Bleach Gel	The Clorox Company	5813-89
Clorox Multi Surface Cleaner + Bleach	The Clorox Company	5813-105
Clorox Pet Solutions Advanced Formula Disinfecting Stain & Odor Remover	The Clorox Company	5813-110
Clorox Scentiva Bathroom Disinfecting Foam Cleaner	The Clorox Company	5813-115
LYSOL BRAND CLING & FRESH TOILET BOWL CLEANER	RB	777-70
LYSOL BRAND POWER TOILET BOWL CLEANER	RB	
LYSOL BRAND LIME & RUST TOILET BOWL CLEANER		777-81
LYSOL BRAND BLEACH MULTI-PURPOSE CLEANER	RB	
LYSOL BRAND BLEACH MOLD AND MILDEW REMOVER		777-83
LYSOL BRAND POWER PLUS TOILET BOWL CLEANER	RB	777-132
LYSOL® DISINFECTANT SPRAY	RB	
PROFESSIONAL LYSOL® DISINFECTANT SPRAY		777-99
LYSOL® DISINFECTANT MAX COVER MIST	RB	777-127

BLEACH DISINFECTANT CLEANER	Ecolab Inc	1677-235
KLERCIDE 70/30 IPA	Ecolab Inc	1677-249
PEROXIDE DISINFECTANT AND GLASS CLEANER RTU	Ecolab Inc/Kay Chemical Co.	1677-251
TB DISINFECTANT CLEANER READY-TO-USE	Ecolab Inc/Kay Chemical Co.	1839-83-1677
VIRASEPT	Ecolab Inc	1677-226
PEROXIDE MULTI SURFACE CLEANER AND DISINFECTANT RTU	Ecolab Inc/Kay Chemical Co.	1677-251
TB Quat	Gordon Food Service	70627-2-45133
RTU Disinfectant Cleaner	U S Chemical	70627-2-7546
Protection that Lives on Microban 24 Hour Keeps Killing 99.9% of Bacteria for Up to 24 Hours Multipurpose Cleaner" (Microban 24 Hour Multi-Purpose Cleaner)	The Procter & Gamble Company	4091-21-3573
"Protection that Lives on Microban 24 Hour Keeps Killing 99.9% of Bacteria for Up to 24 Hours Bathroom Cleaner" (Microban 24 hour Bathroom Cleaner)	The Procter & Gamble Company	4091-22-3573
MAPS- 1 RTU	SynBionic Evolution, LLC.	6836-289-92677
Lemon Disinfectant	American Chemical Systems	6836-152-86408
Clear Gear Sports Spray	On Track Enterprises, Inc d/b/a Clear Gear	6836-152-89301
Foster First Defense	HB Fuller Construction Products Inc.	6836-152-63836
Sani-Spritz Spray	Nyco Products Company	6836-152-8370
Don-O-Mite	Edward Don & Company	6836-152-14462
One-Step Disinfectant Cleaner	Schultz Supply Company	6836-152-46493
X-Ray Apron Cleaner Disinfectant	BioXco LLC / MediRedi LLC	6836-289-93240
OXIVIR Tb	Diversey, Inc.	70627-56
All Purpose Virex	Diversey, Inc.	1839-83-70627
OXIVIR 1	Diversey, Inc.	70627-74
Quat Plus TB	Rochester Midland Corporation	1839-83-527
SaniZide Pro 1 Spray	Safetec of America, Inc.	88494-3-67161
SaniZide Pro 1 Wipes	Safetec of America, Inc.	88494-4-67161
Maxim GSC Germicidal Spray Cleaner	Midlab	1839-83-45745
Maxim No Acid Non-Acid Bowl & Restroom Disinfectant Cleaner RB 352 Brite	Midlab	1839-83-45745
Bright Solutions Lemon Zip Disinfectant RTU	Bright Solutions	1839-83-75473
Bright Solutions RTU Bathroom Cleaner Non-Acid Bowl and Restroom Disinfectant	Bright Solutions	1839-83-75473
Disinfectant Spray Cleaner RTU Victoria Bay	Victoria Bay	1839-83-68168
Non-Acid Bathroom Cleaner Victoria Bay	Victoria Bay	1839-83-68168
Fight Bac RTU	Betco Corporation	1839-83-4170
Simple Green Clean Finish	Sunshine Makers, Inc	1839-220-56782
SC-RTU-360 DISINFECTANT	Spectral Chemical Co Inc	1839-220-33466
DIC-1 Spray Disinfectant	The Deirdre Imus Environmental Health Center®	1839-220-83908
TB Quat Disinfectant	Warsaw Chemical Holdings LLC	1839-83-2230
Bioesque Solutions Botanical Disinfectant Solution 12/1 qt	Bioesque Solutions/Natureal, LLC	87742-1-92595
Bioesque Solutions Botanical Disinfectant Solution 4/1 gal	Bioesque Solutions/Natureal, LLC	87742-1-92595
Bioesque Solutions Botanical Disinfectant Solution 5 gal	Bioesque Solutions/Natureal, LLC	87742-1-92595
Bioesque Solutions Botanical Disinfectant Solution 55 gal	Bioesque Solutions/Natureal, LLC	87742-1-92595
Af Ultra Acid Free Total Bathroom Cleaner	Ultra Chem	1839-83-57839
D-Germ TB	Wechem, Inc.	1836-83-34370
Advantage	Wechem, Inc.	1836-83-34370
Accel Tb	Virox Technologies, Inc.	74559-1
INTERvention Farm Animal Care Disinfectant Cleaner & Deodorizer Ready to Use	Virox Technologies, Inc.	74559-9
Peroxigard Ready to Use One-Step Disinfectant Cleaner and Deodorizer for Use in Life Sciences	Virox Technologies, Inc.	74559-9
PREempt RTU	Virox Technologies, Inc.	74559-1
Rejuvenate Ready to Use One Step Disinfectant Cleaner For Use in Spas, Salons & Clinics	Virox Technologies, Inc.	74559-1
REScue Ready to Use One Step Disinfectant Cleaner & Deodorizer	Virox Technologies, Inc.	74559-9
RestorOx	Virox Technologies, Inc.	74559-9
Zep Spirit II	Zep	1839-83-1270
Zep Antibacterial Disinfectant & Cleaner	Zep	1839-83-40849
Zep Quick Clean Disinfectant	Zep	1839-220-40849
Aviation RTU Cleaner	Zep	6836-152-1270
Avistat-D RTU Spray Disinfectant Cleaner	National Chemical Laboratories, Inc.	1839-83-2296
Germi-Kleen Non-Acid Bowl & Bathroom Disinfectant	National Chemical Laboratories, Inc.	1839-83-2296
Dutch®Plus Ready-To-Use Disinfectant Spray	Franklin Cleaning Technology	1839-83-1124
CaviCide1	Metrex	46781-12
CaviCide Bleach	Metrex	46781-15
Miracle Disinfectant Spray and Wipe Cleaner	Swish Maintenance Limited	1839-83-67205
T.B. QUAT	PRO CHEM, INC.	1839-83-11861
HI-TIDE RTU DISINFECTANT	MID-AMERICAN RESEARCH CHEMICAL CORP.	1839-83-12204
POWER-CIDAL R-T-U	MID-AMERICAN RESEARCH CHEMICAL CORP.	1839-83-12204
AERO TB FRESH	AERO CHEMICAL CO	1839-83-13103
TB QUAT	AERO CHEMICAL CO	1839-83-13103
LX-0307 RTU QUAT CLEANER DISINFECTANT	ABC COMPOUNDING CO., INC	1839-83-3862
SURFACE KLEEN TB	GENERAL PRODUCTS & SUPPLY INC.	1839-83-41316
BS & H	NATIONAL AMERICAN SALES CORP.	1839-83-50718



SUPER Q  
SPRITZ  
SELECT ACID FREE  
GERM BANDIT TB  
PURACLEEN DISINFECTANT SPRAY  
PERIMO RTU SURFACE DISINFECT  
Quatricide TB  
Micro-Kill Bleach Germicidal Bleach Wipes  
Micro-Kill Bleach Germicidal Bleach Solution  
Medline Micro-Kill R2  
Byotrol Disinfectant Cleaner  
Byotrol Bathroom Disinfectant Cleaner

SELECT SPECIALTY PRODUCTS	1839-83-50735
CARE LABS, INC	1839-83-56669
BROOKMEADE HARDWARE & SUPPLY COMPANY	1839-83-58336
ENVIROCHEMICAL INC	1839-83-66061
QBASED SOLUTIONS, INC.	1839-83-83894
CERTUS MEDICAL INC	1839-83-88205
Pharmaceutical Research Labs., Inc.	1839-83-8714
Medline Industries, Inc	37549-1
Medline Industries, Inc	37549-2
Medline Industries, Inc	1839-220-37549
Byotrol, Inc.	83614-1
Byotrol, Inc.	83614-1

Dilutable Products		
Commercially Available Product Name	Company/Distributor	EPA REG No.
Stepan Spray Disinfectant Concentrate	Stepan Company	1839-248
Buckeye Sanicare Lemon Quat	Buckeye International, Inc.	47371-131-559
Buckey Sanicare Mint Quat	Buckeye International, Inc.	47371-131-559
Buckeye Sanicare Pine Quat	Buckeye International, Inc.	47371-131-559
Buckeye Sanicare Quat 128	Buckeye International, Inc.	47371-130-559
Buckeye Sanicare Quat 256	Buckeye International, Inc.	47371-129-559
Buckeye Sani-Q <sup>2</sup>	Buckeye International, Inc.	6836-266-559
Buckeye Terminator	Buckeye International, Inc.	6836-75-559
Buckeye Eco Neutral Disinfectant	Buckeye International, Inc.	47371-129-559
Buckeye Eco One-Step Disinfectant-Deodorizer-Cleaner	Buckeye International, Inc.	6836-78-559
CloroxPro™ Clorox® Germicidal Bleach	Clorox Professional Products Company	67619-32
Clorox Disinfecting Bleach2	The Clorox Company	5813-111
Clorox Performance Bleach1	The Clorox Company	5813-114
Clorox Germicidal Bleach3	The Clorox Company	5813-114
PROFESSIONAL LYSOL® HEAVY DUTY BATHROOM CLEANER CONCENTRATE	RB	675-54
LYSOL BRAND CLEAN & FRESH MULTI-SURFACE CLEANER	RB	777-89
14 PLUS ANTIBACTERIAL ALL PURPOSE CLEANER	Ecolab Inc	6836-349-1677
20 NEUTRAL DISINFECTANT CLEANER	Ecolab Inc	47371-129-1677
A-456 II DISINFECTANT CLEANER	Ecolab Inc	6836-78-1677
BOOST 3200	Ecolab Inc	63761-8-1677
BOOST 3200 CIP	Ecolab Inc	63761 -8-1677
BOOST SURFACE TREATMENT	Ecolab Inc	63761-10-1677
CLICKSAN DISINFECTANT/SANITIZER	Ecolab Inc/Kay Chemical Co.	6836-305-5389
COSA OXONIA ACTIVE	Ecolab Inc	1677-129
FOOD CONTACT QUAT SANITIZER	Ecolab Inc	6836-70-541
KAY SURFACE SANITIZER	Ecolab Inc/Kay Chemical Co.	6836-70-5389
KAYQUAT II	Ecolab Inc/Kay Chemical Co.	6836-266-5389
MULTI-PURPOSE NEUTRAL PH GERMICIDAL DETERGENT	Ecolab Inc	47371-131-1677
NEUTRAL DISINFECTANT CLEANER	Ecolab Inc	47371-129-1677
OASIS 499 HBV DISINFECTANT	Ecolab Inc	6836-78-1677
OXONIA ACTIVE	Ecolab Inc	1677-129
OXYCIDE DAILY DISINFECTANT CLEANER	Ecolab Inc	1677-237
PEROXIDE MULTI SURFACE CLEANER AND DISINFECTANT	Ecolab Inc/Kay Chemical Co.	1677-238
QUATERNARY DISINFECTANT CLEANER	Ecolab Inc	6836-78-1677
SANI QUAD FOOD SERVICE SANITIZER	Ecolab Inc/Kay Chemical Co.	6836-70-1677
SANITIZER / COMMERCIAL SANITIZER	Ecolab Inc	6836-302-1677
SUPER SAN FOOD SERVICE SANITIZER	Ecolab Inc/Kay Chemical Co.	6836-305-1677
TRIPLE PLAY	Ecolab Inc/Kay Chemical Co.	47371-131-541
Clean Quick Broad Range Quaternary Sanitizer	The Procter & Gamble Company	6836-278-3573
multi-quat mega-1	Intercon Chemical Company	6836-77-48211
TEC-QUAT 128	Getinge USA Sales, LLC	6836-77-10648
CEN-KLEEN IV	ARJO HUNTLEIGH, INC. D/B/A ARJOHUNTLEIGH	6836-75-45556
ACS Tornado 1 - One Step Disinfectant	American Chemical Systems	6836-75-86408
Performex	Burlin & Co., Inc.	6836-364-106
Germ-A-Cide 64	Detco Industries, Inc.	47371-131-58111
128 E-Fecticide	Multi-Clean Inc.	6836-365-5449
256 Century Q	Multi-Clean Inc.	47371-129-5449
Q.T.Plus	Hillyard Industries, Inc	6836-77-1658
Q.T. 3	Hillyard Industries, Inc	6836-349-1658
Dakil S	Davis Manufacturing and Packaging, Inc.	47371-129-50591
Centraz San Sol 10	Centraz Industries, Inc.	6836-266-9194
Simple Green d Pro 5	Sunshine Makers, Inc.	6836-140-56782
Medline Micro-Kill NQ5	Medline Industries, Inc	6836-364-37549
Classic Whirlpool Disinfectant and Cleaner	Central Solutions, Inc.	6836-75-211
NPI SnaComplete	NPI Products, Inc	6836-77-70397
CONFIDENCE PLUS 2	WALTER G LEGGE CO/MINE SAFETY APPLIANCES	47371-130-4204
Coastwide Professional Hepastat 256	Staples Contract & Commercial LLC	6836-78-86226
Brighton Professional Hepastat 256	Staples Contract & Commercial LLC	6836-78-86226
128 Disinfectant	Dalco Enterprises, Inc	6836-365-87580
3M™ Quat Disinfectant Cleaner Concentrate	3M	6836-78-10350
3M™ Neutral Quat Disinfectant Cleaner Concentrate	3M	47371-129-10350
3M™ Disinfectant Cleaner RCT Concentrate	3M	6836-349-10350
3M™ MBS Disinfectant Cleaner Fresh Scent Concentrate	3M	6836-361-10350
3M™ MBS Disinfectant Cleaner Concentrate	3M	6836-361-10350
GASCO Quaternary Sanitizer	GASCO INDUSTRIAL Corp.	6836-266-81974
MixMate Germicidal Cleaner	U S Chemical	47371-131-7546

Lemon Cleaner	U S Chemical	47371-131-7546
Pine Cleaner Disinfectant	U S Chemical	47371-131-7546
Extra Spearmint Germicidal Detergent and Deodorant	U S Chemical	47371-131-7546
Sanifect Plus 1	U S Chemical	47371-131-7546
Sanifect Plus 2 Fresh N Clean	U S Chemical	47371-131-7546
Neutral Disinfectant Cleaner	Gordon Food Service	47371-131-45133
Germicidal Cleaner and Disinfectant	Gordon Food Service	47371-131-45133
MixMate Non-Acid Restroom Cleaner & Disinfectant	U S Chemical	6836-75-7546
MixMate Microtech Non-Acid Restroom Cleaner & Disinfectant	U S Chemical	6836-75-7546
Array Non-Acid Restroom Cleaner & Disinfectant P	Gordon Food Service	6836-75-45133
OXY-TEAM™ DISINFECTANT CLEAENER	Diversey, Inc.	70627-58
VIREX™ II / 256	Diversey, Inc.	70627-24
Virex Plus	Diversey, Inc.	6836-349-70627
G-5 Sanitizer	Diversey, Inc.	6836-266-70627
Wide Range II Non-Acid Disinfectant Washroom Cleaner Concentrate	Diversey, Inc.	6836-75-70627
Avert Sporidical Disinfectant Cleaner	Diversey, Inc.	70627-72
United 255 DISINFECT PLUS	UNITED LABORATORIES INC	47371-131-9250
Enviro Care Neutral Disinfectant	Rochester Midland Corporation	47371-131-527
PURTABS	EarthSafe Chemical Alterantives, LLC	71847-6-91524
PUR:ONE	EarthSafe Chemical Alterantives, LLC	71847-7-91524
Mint Disinfectant Plus	Gurtler Industries, Inc.	6836-75-47567
pH7Q	Betco Corporation	47371-131-4170
Quat Stat 5	Betco Corporation	6836-361-4170
Triforce	Betco Corporation	6836-349-4170
Symplicity Sanibet Multi-Range Sanitizer	Betco Corporation	6836-266-4170
Pine Quat	Betco Corporation	47371-192-4170
Quaternary Disinfectant Cleaner	SC Johnson Professional	6836-78-89900
TruShot Disinfectant Cleaner For Hospitals	SC Johnson Professional	6836-348-89900
TruShot Disinfectant Cleaner Restroom Cleaner & Disinfectant	SC Johnson Professional	6836-348-89900
Whizzer	Mueller Sports Medicine	6836-77-10118
Formula 17750 Wintermint	Chemsafe International	47371-131-55731
Formula 17822 Deo-Clean Multi	Chemsafe International	47371-131-55731
SUPER 60 PYM 64 FOAMER	Pioneer Chemical Co.	47371-131-151
PC-30F M-KYL 128 FOAMER	Pioneer Chemical Co.	6836-136-151
Neutra-Tec 64	Surtec, Inc.	47371-131-40714
Micronex	Zep	47371-129-1270
Triton	Zep	6836-78-1270
Q-128® One-Step Germicidal Detergent And Deodorant	Franklin Cleaning Technology	47371-130-1124
Trumix® DC2 Q-128® One-Step Germicidal Detergent And Deodorant	Franklin Cleaning Technology	47371-130-1124
Trumix® DC2 Q-256® One-Step Germicidal Detergent And Deodorant	Franklin Cleaning Technology	47371-129-1124
AQ+ Ultra Disinfectant Sanitizer and Deodorizer	Franklin Cleaning Technology	6836-70-1124
Accel Concentrate	Virox Technologies, Inc.	74559-4
INTERvention Farm Animal Care Disinfectant Cleaner & Deodorizer	Virox Technologies, Inc.	74559-4
Peroxigard Concentrate One-Step Disinfectant Cleaner and Deodorizer for	Virox Technologies, Inc.	74559-4
Use in Life Sciences		
PREempt Concentrate	Virox Technologies, Inc.	74559-4
Rejuvenate Concentrate One Step Disinfectant Cleaner For Use in Spas,	Virox Technologies, Inc.	74559-4
Salons & Clinics		
REScue Concentrate One Step Disinfectant Cleaner & Deodorizer	Virox Technologies, Inc.	74559-4
ES364 Neutral Disinfectant	Charlotte Products Ltd.	6836-366-64900
Quato 78 Plus Germicidal Detergent & Deoderant	Swish Maintenance Limited	47371-130-67205
Broad-Cide Plus	OSCEOLA SUPPLY, INC.	6836-365-62865

Wipe products		
Commercially Available Product Name	Company/Distributor	EPA REG No.
PURELL Professional Surface Disinfectant Wipes	GOJO Industries, Inc.	85150-1
PURELL Foodservice Surface Sanitizing Wipes	GOJO Industries, Inc.	84150-1
Sani-Cloth Prime Germicidal Disposable Wipe	Professional Disposables International,	9480-12
Buckeye Sanicare Disinfecting Wipes	Buckeye International, Inc.	6836-313-559
Clorox Healthcare® Bleach Germicidal Wipes	Clorox Professional Products Company	67619-12
Clorox Healthcare® VersaSure® Wipes	Clorox Professional Products Company	67619-37
Clorox Commercial Solutions® Clorox® Disinfecting Wipes	Clorox Professional Products Company	67619-31
Clorox Commercial Solutions® Hydrogen Peroxide Cleaner Disinfectant Wipes	Clorox Professional Products Company	67619-25
Clorox Healthcare® Hydrogen Peroxide Cleaner Disinfectant Wipes	Clorox Professional Products Company	67619-25
Clorox Disinfecting Wipes	The Clorox Company	5813-79
I7 DISINFECTANT WIPES	Ecolab Inc/Kay Chemical Co.	6836-340-1677
MULTI PURPOSE DISINFECTING WIPES	Ecolab Inc	6836-340-1677
SCRUBS® MEDAPHENE® Plus Disinfecting Wipes	ITW Pro Brands	6836-340-11694
Wipes Plus Disinfecting Wipes 1	Progressive Products, LLC.	6836-340-75399
Handyclean™ Steridol Wipes	Diamond Wipes International, Inc.	6836-340-74058
Monk Disinfectant Wipes	Dreumex USA, Inc.	6836-313-91910
SONO Ultrasound Wipes	Advanced Ultrasound Solutions, Inc.	6836- 340-89018
SONO Disinfecting Wipes	Advanced Ultrasound Solutions, Inc.	6836- 340-89018
Oxivir 1 Wipes	Diversey, Inc.	70627-77
OXIVIR™ WIPES	Diversey, Inc.	70627-60
CLAIRE BROAD SPECTRUM GERMICIDAL & DISINFECTANT WIPE	Claire Manufacturing Company	6836-340-706
NASSCO PRO SERIES 88 BROAD SPECTRUM GERMICIDAL & DISINFECTANT WIPES	NASSCO Inc	6836-340-18166
LCP BROAD SPECTRUM GERMICIDAL & DISINFECTANT WIPES	LOR Cleaner Products	6836-340-88324
SSS TRIPLE S DISINFECTANT WIPES	Triple S	6836-340-12120
BROAD SPECTRUM GERMICIDAL DISINFECTANT HEALTH CARE WIPES	Kandel & Son Inc	6836-340-40976
Touch Point Plus Disinfectant Wipes	Innocore Sales & Marketing	6836-340-92977
Accel Tb Wipes	Virox Technologies, Inc.	74559-3
PREempt Wipes	Virox Technologies, Inc.	74559-3
Rejuvenate Ready To Use Wipes One Step Disinfectant Cleaner for Use in Spas, Salons & Clinics	Virox Technologies, Inc.	74559-3
INTERvention Farm Animal Care Disinfectant Cleaner & Deodorizer Ready to Use Wipes	Virox Technologies, Inc.	74559-10
Peroxigard Wipes One-Step Disinfectant Cleaner and Deodorizer for Use in Life Sciences	Virox Technologies, Inc.	74559-10
REScue Wipes One Step Disinfectant Cleaner & Deodorizer	Virox Technologies, Inc.	74559-10
NCLwipes Disinfectant Wipes Waterfall Fresh	National Chemical Laboratories, Inc.	6836-340-2296
NCLwipes Disinfectant Wipes Lemon Fresh	National Chemical Laboratories, Inc.	6836-340-2296
Dispatch	Clorox Healthcare	56392-8
CaviWipes1	Metrex	46781-13
CaviWipes Bleach	Metrex	46781-14

As a public service, CBC is maintaining this list of antimicrobials that have proven to be effective against stronger pathogens, such as norovirus or ebola. By publishing and maintaining this open list, CBC relieves federal, state, and local health officials' resources in order to focus on other aspects of the important effort to limit spread of this new disease. Listing is voluntary and compliance with EPA's "emerging viral pathogen" guidance for antimicrobial products is verified by CBC. CBC will be working with federal and state officials to disseminate the list and make it accessible to all those who need to be in the know.

<sup>i</sup> To include a product on CBC's list of Coronavirus-Fighting Products, registrants of the products should please contact Ms. Komal K. Jain at [komal\\_jain@americanchemistry.com](mailto:komal_jain@americanchemistry.com)

**Updated 3/6/2020**

# Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT**  
**1**

**Diseases can make anyone sick regardless of their race or ethnicity.**

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT**  
**2**

**Some people are at increased risk of getting COVID-19.**

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

**FACT**  
**3**

**Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT**  
**4**

**You can help stop COVID-19 by knowing the signs and symptoms:**

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**FACT**  
**5**

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



# Qué hacer si se contrae la enfermedad del coronavirus 2019 (COVID-19)

Si usted está enfermo con COVID-19 o sospecha que está infectado por el virus que causa el COVID-19, tome las medidas mencionadas a continuación para ayudar a prevenir que la enfermedad se propague a personas en su casa y en la comunidad.

## Quédese en casa, excepto para conseguir atención médica

Debe restringir las actividades fuera de su casa, excepto para conseguir atención médica. No vaya al trabajo, la escuela o a áreas públicas. Evite usar el servicio de transporte público, vehículos compartidos o taxis.

## Manténgase alejado de otras personas y de los animales en su casa

**Personas:** en la medida de lo posible, permanezca en una habitación específica y lejos de las demás personas que estén en su casa. Además, debería usar un baño aparte, de ser posible.

**Animales:** mientras esté enfermo, no manipule ni toque mascotas ni otros animales. Consulte la página del [COVID-19 y los animales](#) para obtener más información.

## Llame antes de ir al médico

Si tiene una cita médica, llame al proveedor de atención médica y dígame que tiene o que podría tener COVID-19. Esto ayudará a que en el consultorio del proveedor de atención médica se tomen medidas para evitar que otras personas se infecten o expongan.

## Use una mascarilla

Usted debería usar una mascarilla cuando esté cerca de otras personas (p. ej., compartiendo una habitación o un vehículo) o de animales, y antes de entrar al consultorio de un proveedor de atención médica. Si no puede usar una mascarilla (por ejemplo, porque le causa dificultad para respirar), las personas que vivan con usted no deberían permanecer con usted en la misma habitación, o deberían ponerse una mascarilla si entran a su habitación.

## Cúbrase la nariz y la boca al toser y estornudar

Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar. Bote los pañuelos desechables usados en un bote de basura con una bolsa de plástico adentro; lávese inmediatamente las manos con agua y jabón por al menos 20 segundos o límpieselas con un desinfectante de manos que contenga al menos un 60 % de alcohol, cubra todas las superficies de las manos y fróteselas hasta que sienta que se secaron. Si las manos están visiblemente sucias, es preferible usar agua y jabón.

## Evite compartir artículos del hogar de uso personal

No debe compartir platos, vasos, tazas, cubiertos, toallas o ropa de cama con otras personas o animales que estén en su casa. Después de usar estos artículos, se los debe lavar bien con agua y jabón.

## Límpiese las manos con frecuencia

Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos. Si no hay agua y jabón disponibles, límpieselas con un desinfectante de manos que contenga al menos un 60 % de alcohol; cubra todas las superficies de las manos y fróteselas hasta que sienta que se secaron. Si las manos están visiblemente sucias, es preferible usar agua y jabón. Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.

## Limpie todos los días todas las superficies de contacto frecuente

Las superficies de contacto frecuente incluyen los mesones, las mesas, las manijas de las puertas, las llaves y grifos del baño, los inodoros, los teléfonos, los teclados, las tabletas y las mesas de cama. Limpie también todas las superficies que puedan tener sangre, heces o líquidos corporales. Use un limpiador de uso doméstico, ya sea un rociador o una toallita, según las instrucciones de la etiqueta. Las etiquetas contienen instrucciones para el uso seguro y eficaz de los productos de limpieza, incluidas las precauciones que debería tomar cuando aplique el producto, como usar guantes o asegurarse de tener buena ventilación mientras esté usando el producto.

## Vigile sus síntomas

Busque atención médica rápidamente si su enfermedad empeora (p. ej., si tiene dificultad para respirar). Antes de hacerlo, llame a su proveedor de atención médica y dígame que tiene COVID-19, o que está siendo evaluado para determinar si lo tiene. Póngase una mascarilla antes de entrar al consultorio. Estas medidas ayudarán a que en el consultorio del proveedor de atención médica se pueda evitar la infección o exposición de las otras personas que estén en el consultorio o la sala de espera.

Pídale a su proveedor de atención médica que llame al departamento de salud local o estatal. Las personas que estén bajo monitoreo activo o automonitoreo facilitado deben seguir las indicaciones provistas por los profesionales de salud ocupacional o de su departamento de salud local, según corresponda.

Si tiene una emergencia médica o necesita llamar al 911, avísele al personal del centro de llamadas que tiene COVID-19 o lo están evaluando para determinarlo. De ser posible, póngase una mascarilla antes de que llegue el servicio médico de emergencias.

## Interrupción del aislamiento en la casa

Los pacientes con COVID-19 confirmado deben permanecer bajo precauciones de aislamiento en la casa hasta que el riesgo de transmisión secundaria a otras personas se considere bajo. La decisión de interrumpir las precauciones de aislamiento en la casa debe tomarse según cada caso en particular, en consulta con proveedores de atención médica y departamentos de salud estatales y locales.





# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)



# 如果您感染了 冠状病毒疾病 2019 (COVID-19) 该怎么办

如果您患有 **COVID-19** 或怀疑您感染了引起 **COVID-19** 的病毒，请遵循以下步骤，以帮助防止疾病传播给您的家人和社区中的其他人。

## 除进行医疗保健之外，请留在家中

除了去看医生外，您应该限制出门活动。不要去工作场所、学校或公共场所。不要乘公共交通工具、拼车、或乘出租车。

## 将您自己与家中其他人和动物隔离

**人员：**您在家时应尽可能与家中其他人隔离。此外，如果可能的话您应使用单独的洗手间。

**动物：**生病时，不要处理宠物或其他动物。有关更多详细信息，请参见 [《COVID-19 和动物》](#)。

## 在去就诊之前先打电话

在您预约就诊之前，请致电医务人员并告诉他们您感染了 COVID-19 或疑似感染。这将有助于诊所的人员采取措施，以免其他人受到感染。

## 戴口罩

当您与其他人（如共处一室或在同一辆车里）或宠物一起时，及进入诊所或医院前，应戴上口罩。如果您因为某些原因，比如无法呼吸，而不能戴口罩时，那些跟您住一起的人应避免跟您共处一室。一旦他们进入您的房间必须戴口罩。

## 遮挡咳嗽和喷嚏

在咳嗽或打喷嚏时请用纸巾遮掩口鼻。将用过的纸巾扔到有塑料袋的垃圾桶中；然后立即用肥皂和水洗手至少 20 秒，或立即用含至少 60% 至 95% 酒精的酒精类手部消毒液进行手部消毒，将消毒液涂满全手，搓揉直到手干爽。看到手脏了，首选用肥皂和水清洗。

## 避免共用个人物品

您不应与家里的其他人或宠物共用碗碟、饮水杯、杯子、餐具、毛巾、或床上用品。一旦使用这些物品后，应用肥皂和水对其进行彻底清洗。

## 经常洗手

经常用肥皂和水洗手，每次至少 20 秒钟。如果没有肥皂和水，立即用含至少 60% 酒精的酒精类手部消毒液进行手部消毒，将消毒液涂满全手，搓揉直到手干爽。看到手脏了，首选用肥皂和水清洗。避免用未清洗过的手触碰眼睛、鼻子和嘴巴。

## 每天清洁所有“高频接触”的物体表面

高频接触的物体表面包括柜台、桌面、门把手、洗手间用具、厕所、手机、键盘、平板电脑和床旁桌子。另外，清洁可能带血、粪便、或体液的任何表面。根据标签说明使用家用清洁喷雾剂或湿巾。标签中包含了安全有效使用清洁产品的说明，包括您在使用产品时应采取的预防措施，例如佩戴手套，以及确保在使用产品期间通风良好。

## 监测您的症状

如果您的病情恶化（例如呼吸困难），请立即就医。在您预约就诊之前，请致电医务人员并告诉他们您感染了 COVID-19 或怀疑被感染。在进入诊所或医院前戴上口罩。这将有助于诊所的人员采取措施，以免诊所或候诊室的其他人受到感染或暴露。

要求您的医务人员致电当地或州卫生部门。已经被监测或提供自我监测的人应适当遵循当地卫生部门或职业卫生专业人员的指示。

如果您出现紧急医疗情况，需要致电 911，请通知调度人员您已感染或疑似感染 COVID-19。如果可能，在紧急医疗服务到达之前戴上口罩。

## 终止隔离

确诊为 COVID-19 的患者应继续在家隔离，直到被认为二次传染给他人的风险降低。在个案的基础上咨询医生、州和地方卫生部门作出终止家庭隔离措施的决定。



详细信息请参见：<https://www.cdc.gov/COVID19-ch>

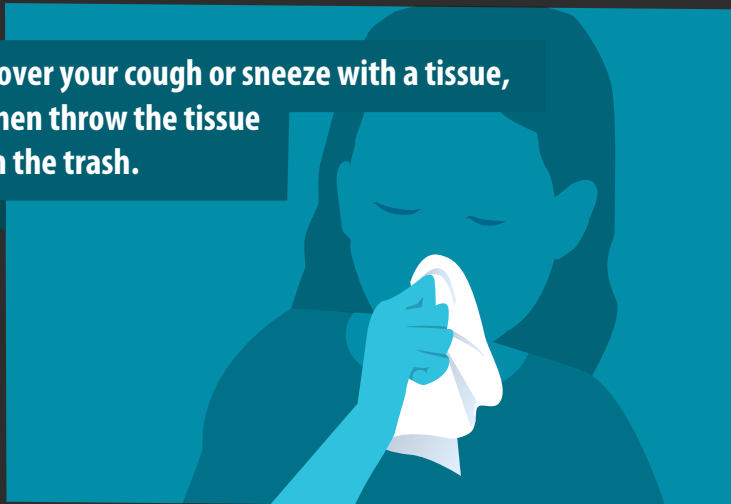
# STOP THE SPREAD OF GERMS

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

Avoid close contact with people who are sick.



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



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently  
touched objects and surfaces.



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



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



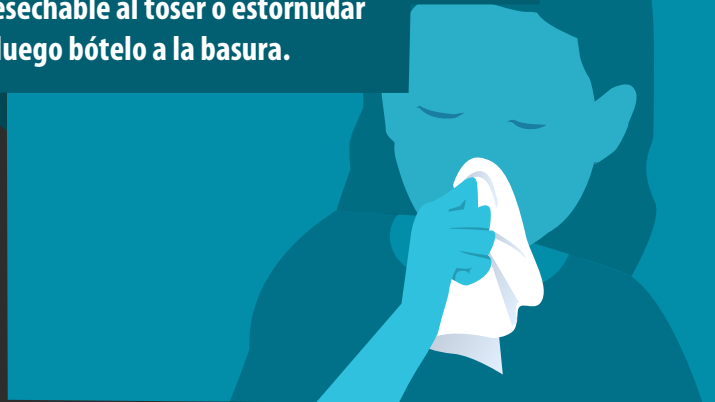
# DETENGA LA PROPAGACIÓN DE LOS MICROBIOS

Ayude a prevenir la propagación de virus respiratorios como el nuevo COVID-19.

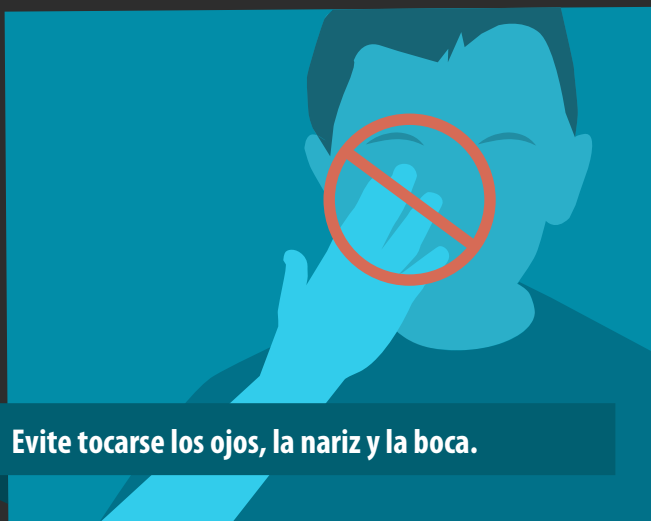
Evite el contacto cercano con las personas enfermas.



Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.



Evite tocarse los ojos, la nariz y la boca.



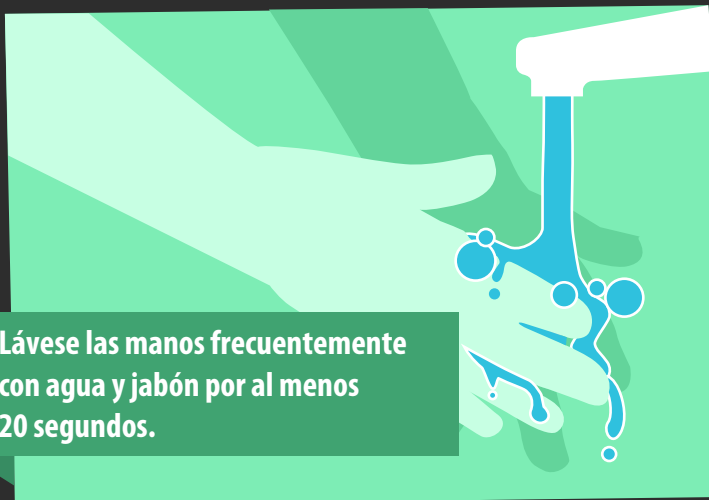
Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



# 阻止病毒传播

帮助预防呼吸道病毒如 COVID-19 的传播。

避免与患病的人近距离接触。



咳嗽和打喷嚏时，用纸巾遮住口鼻，然后将纸巾扔进封闭的垃圾箱。



避免触碰自己的眼睛、鼻子和嘴巴。



对频繁接触的物体和表面进行清洁和消毒。



生病时请留在家中，除非要接受医疗救治。



经常用肥皂和水洗手，每次至少 20 秒钟。

