

Coronavirus- COVID-19 Information

Prevention is strongly encouraged and every one can help stop the spread of viruses.

CDC's guidance:

- Wash hands with soap and water for 20 seconds or use of alcohol-based hand sanitizer if soap and water are not available
- Avoid touching your eyes, nose and mouth. Germs spread this way
- Avoid close contact or sharing cups or eating utensils with people who are sick
- Clean and disinfect frequently touched surfaces
- Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash
- Avoid close contact with people who are sick.
- 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.
- 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.
- Get your flu shot, and make sure the people around you do the same.
- Wash your hands often throughout the day. Use warm water and soap. If soap and water are not available, use alcohol-based hand gel.
- Cough or sneeze into your elbow. Viruses can spread by coughing or sneezing on other people or into your hands.
- Stay home from work or school if you are sick.

Important contacts:

We urge everyone to stay informed by visiting the [CDC](#) website and latest [travel advisories](#).

<https://health.ri.gov/diseases/ncov2019/>

People with general questions about COVID-19 can visit <https://www.health.ri.gov/covid> (information is available in multiple languages), **write to RIDOH.COVID19Questions@health.ri.gov, or call 401-222-8022. This is the COVID-19 Hotline that RIDOH has available to the public. (After hours people are being directed to call 211.)**

The health, safety and welfare of our members, families and health providers are our highest priority.