

## **RIDOH is reiterating CDC's guidance:**

- 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.

### **More information is available from CDC.**

- People with general questions about COVID-19 can visit [www.health.ri.gov/covid](http://www.health.ri.gov/covid), write to [RIDOH.COVID19Questions@health.ri.gov](mailto: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.)
- Everyone can help stop the spread of viruses in Rhode Island.
- 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.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.