

March 2020



## Coronavirus Disease 2019 (COVID-19) Recommendations to Protect Our Community

### Guidance for people at higher risk for severe COVID-19 illness

Public Health recommends that people at higher risk of severe illness should stay home and away from large groups of people as much as possible, including public places with lots of people and large gatherings where there will be close contact with others. This includes concert venues, conventions, sporting events, and crowded social gatherings.

People at higher risk include people:

- Over 60 years of age
- With underlying health conditions including include heart disease, lung disease, or diabetes
- With weakened immune systems
- Who are pregnant

Caregivers of children with underlying health conditions should consult with healthcare providers about whether their children should stay home. Anyone who has questions about whether their condition puts them at risk for novel coronavirus should consult with their healthcare providers.

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

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### Guidance for workplaces and businesses

Employers should take steps to make it more feasible for their employees to work in ways that minimize close contact with large numbers of people.

Employers should:

- Maximize telecommuting options for as many employees as possible.
- Urge employees to stay home when they are sick and maximize flexibility in sick leave benefits.
- Consider staggering start and end times to reduce large numbers of people coming together at the same time.

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>

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### Event and community gathering considerations

**Event Guidance Document:** <https://lincoln.ne.gov/city/health/COVID/PublicEventGuidance.pdf>

If you can feasibly avoid bringing large groups of people together, consider postponing events and gatherings. If you can't avoid bringing groups of people together:

- Urge anyone who is sick to not attend.
- Encourage those who are at higher risk for coronavirus to not attend.
- Try to find ways to give people more physical space so that they aren't in close contact as much as possible.
- Encourage attendees to maintain good healthy habits, such as frequent hand washing.
- Clean surfaces with standard cleaners.

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

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## For people who are sick

Stay home when you are sick. Do not go out in public when you are sick. Call your health care provider's office first before going in to inform them of your symptoms.

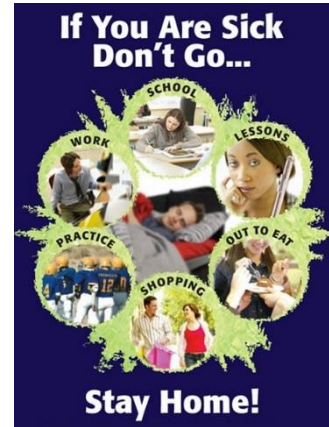
For the general public

- Even if you are not ill, avoid visiting hospitals, long term care facilities or nursing homes to the extent possible. If you do need to visit one of these facilities limit your time there and keep 6 feet away from patients.
- Do not go to the emergency room unless essential. Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular health care provider first.
- Stay home when sick.
- Practice excellent personal hygiene habits, including washing your hands with soap and water frequently, coughing into a tissue or your elbow, and avoid touching your eyes, nose, or mouth.

**Poster** - <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

**Video** - <https://youtu.be/7-IW0s2yJA0>

- Stay away from people who are ill, especially if you are at higher risk for coronavirus.
- Clean frequently touched surfaces and objects (like doorknobs and light switches). Regular household cleaners are effective.
- Avoid touching your eyes, nose, and mouth unless you've just washed your hands.
- Get plenty of rest, drink plenty of fluids, eat healthier foods, and manage your stress to keep your immunity strong.



**STAY INFORMED**  
CORONAVIRUS  
COVID-19 **BE PREPARED**



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