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1) Can I get COVID-19 from my pets or other animals?

At this time, there is no evidence that animals play a significant role in spreading the virus that causes COVID-19. Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. A small number of pets have been reported to be infected with the virus that causes COVID-19, mostly after contact with people with COVID-19.

Pets have other types of coronaviruses that can make them sick, like canine and feline coronaviruses. These other coronaviruses cannot infect people and are not related to the current COVID-19 outbreak.

However, since animals can spread other diseases to people, it’s always a good idea to practice healthy habits around pets and other animals, such as washing your hands and maintaining good hygiene. For more information on the many benefits of pet ownership, as well as staying safe and healthy around animals including pets, livestock, and wildlife, visit CDC’s Healthy Pets, Healthy People website.

2) Should I avoid contact with pets or other animals if I am sick with COVID-19?

We are still learning about this virus, but it appears that it can spread from people to animals in some situations. Until we learn more about this new coronavirus, you should restrict contact with pets and other animals while you are sick with COVID-19, just like you would with people. When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including

- Petting
- Snuggling
- Being kissed or licked
- Sharing food or bedding

If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a cloth face covering.

3) What about imported animals or animal products?

CDC does not have any evidence to suggest that imported animals or animal products pose a risk for spreading COVID-19 in the United States. This is a rapidly evolving situation and information will be updated as it becomes available. The U.S. Centers for Disease Control and Prevention (CDC), the U. S. Department of Agriculture (USDA), and the U.S. Fish and Wildlife Service (FWS) play distinct but complementary roles in regulating the importation of live animals and animal products into the United States. CDC regulates animals and animal products that pose a threat to human health, USDA regulates animals and animal products that pose a threat to agriculture; and FWS regulates importation of endangered species and wildlife that can harm the health and welfare of humans, the interests of agriculture, horticulture, or forestry, and the welfare and survival of wildlife resources.
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4) Can I travel to the United States with dogs or import dogs into the United States during the COVID-19 outbreak?
Please refer to CDC’s requirements for bringing a dog to the United States. The current requirements for rabies vaccination apply to dogs imported from high-risk countries for rabies.

5) What precautions should be taken for animals that have recently been imported from outside the United States (for example, by shelters, rescues, or as personal pets)?
Imported animals will need to meet CDC and USDA requirements for entering the United States. At this time, there is no evidence that companion animals, including pets and service animals, can spread COVID-19. As with any animal introduced to a new environment, animals recently imported should be observed daily for signs of illness. If an animal becomes ill, the animal should be examined by a veterinarian. Call your local veterinary clinic before bringing the animal into the clinic and let them know that the animal was recently imported from another country. This is a rapidly evolving situation and information will be updated as it becomes available.

6) What can I do now to be prepared to take care of my pets if the COVID-19 threat gets worse in the future?
There is no reason to think that any animals, including pets, in the United States might be a source of infection with this new coronavirus. However, it is important to include pets in your family’s preparedness planning efforts including having a 2 week supply of pet food and pet medicines available. For more information on preparing for your pet, please visit https://www.cdc.gov/healthypets/emergencies/pet-disaster-prep-kit.html

7) Do I need to get my pet tested for COVID-19?
No. At this time, routine testing of animals for COVID-19 is not recommended.

8) Can animals carry the virus that causes COVID-19 on their skin or fur?
Although we know certain bacteria and fungi can be carried on fur and hair, there is no evidence that viruses, including the virus that causes COVID-19, can spread to people from the skin, fur, or hair of pets.

However, because animals can sometimes carry other germs that can make people sick, it’s always a good idea to practice healthy habits around pets and other animals, including washing hands before and after interacting with them.

9) Are pets from a shelter safe to adopt?
Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. There is no reason to think that any animals, including shelter pets, play a significant role in spreading the virus that causes COVID-19.

10) What animals can get COVID-19?
We don’t know for sure which animals can be infected with the virus that causes COVID-19. CDC is aware of a small number of pets, including dogs and cats, reported to be infected with the
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virus that causes COVID-19, mostly after close contact with people with COVID-19. A tiger at a zoo in New York has also tested positive for the virus.

Recent research shows that ferrets, cats, and golden Syrian hamsters can be experimentally infected with the virus and can spread the infection to other animals of the same species in laboratory settings. Pigs, chickens, and ducks did not become infected or spread the infection based on results from these studies. Data from one study suggested dogs are not as likely to become infected with the virus as cats and ferrets. These findings were based off a small number of animals, and do not indicate whether animals can spread infection to people.

At this time, there is no evidence that animals play a significant role in spreading the virus that causes COVID-19. Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. Further studies are needed to understand if and how different animals could be affected by the virus that causes COVID-19 and the role animals may play in the spread of COVID-19.

11) Can I walk my dog?
Walking a dog is important for both animal and human health and well-being. Walk dogs on a leash, maintaining at least 6 feet (2 meters) from other people and animals, do not gather in groups, and stay out of crowded places and avoid mass gatherings To help maintain social distancing, do not let other people pet your dog when you are out for a walk.

12) What should I do if my pet gets sick and I think it’s COVID-19?
There is a very small number of animals around the world reported to be infected with the virus that causes COVID-19, mostly after having contact with a person with a COVID-19. Talk to your veterinarian about any health concerns you have about your pets.

If your pet gets sick after contact with a person with COVID-19, do not take your pet to the veterinary clinic yourself. Call your veterinarian and let them know the pet was around a person with COVID-19. Some veterinarians may offer telemedicine consultations or other alternate plans for seeing sick pets. Your veterinarian can evaluate your pet and determine the next steps for your pet’s treatment and care.

13) Why are animals being tested when many people can’t get tested?
Animals are only being tested in very rare circumstances. Routine testing of animals is not recommended at this time, and any tests done on animals are done on a case by case basis. For example, if the pet of a COVID-19 patient has a new, concerning illness with symptoms similar to those of COVID-19, the animal’s veterinarian might consult with public health and animal health officials to determine if testing is needed.

14) Can wild animals spread the virus that causes COVID-19 to people or pets?
Currently, there is no evidence to suggest the virus that causes COVID-19 is circulating in free-living wildlife in the United States, or that wildlife might be a source of infection for people in the United States. The first case of a wild animal testing positive for the virus in the United States was a tiger with a respiratory illness at a zoo in New York City. However, this tiger was in
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a captive zoo environment, and public health officials believe the tiger became sick after being exposed to a zoo employee who was infected and spreading the virus.

If a wild animal were to become infected with the virus, we don’t know whether the infection could then spread among wildlife or if it could spread to other animals, including pets. Further studies are needed to understand if and how different animals, including wildlife, could be affected by COVID-19. Because wildlife can carry other diseases, even without looking sick, it is always important to enjoy wildlife from a distance.

Take steps to prevent getting sick from wildlife in the United States:

- Keep your family, including pets, a safe distance away from wildlife.
- Do not feed wildlife or touch wildlife droppings.
- Always wash your hands and supervise children washing their hands after working or playing outside.
- Leave orphaned animals alone. Often, the parents are close by and will return for their young.
- Consult your state wildlife agency’s guidance if you are preparing or consuming legally harvested game meat.
- Do not approach or touch a sick or dead animal – contact your state wildlife agency instead.

15) Can bats in United States get the virus that causes COVID-19, and can they spread it back to people?
Other coronaviruses have been found in North American bats in the past, but there is currently no evidence that the virus that causes COVID-19 is present in any free-living wildlife in the United States, including bats. In general, coronaviruses do not cause illness or death in bats, but we don’t yet know if this new coronavirus would make North American species of bats sick. Bats are an important part of natural ecosystems, and their populations are already declining in the United States. Bat populations could be further threatened by the disease itself or by harm inflicted on bats resulting from a misconception that bats are spreading COVID-19. However, there is no evidence that bats in the United States are a source of the virus that causes COVID-19 for people. Further studies are needed to understand if and how bats could be affected by COVID-19.

16) Should I worry about my pet cat?
We are still learning about this virus and how it spreads, but it appears it can spread from humans to animals in some situations. CDC is aware of a small number of pets, including cats, reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19. Most of these animals had contact with a person with COVID-19. A tiger at a New York zoo has also tested positive for the virus that causes COVID-19.

At this time, there is no evidence that animals play a significant role in spreading the virus that causes COVID-19. Based on the limited data available, the risk of animals spreading COVID-19 to people is considered to be low. The virus that causes COVID-19 spreads mainly from person to person, typically through respiratory droplets from coughing, sneezing, or talking.
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People sick with COVID-19 should isolate themselves from other people and animals, including pets, during their illness until we know more about how this virus affects animals. If you must care for your pet or be around animals while you are sick, wear a cloth face covering and wash your hands before and after you interact with pets.

17) Is hunter-harvested game meat safe to eat during the COVID-19 pandemic?

Currently, there is no evidence that you can get infected with the virus that causes COVID-19 by eating food, including wild hunted game meat. However, hunters can get infected with other diseases when processing or eating game. Hunters should always practice good hygiene when processing animals by following these food safety recommendations:

- Do not harvest animals that appear sick or are found dead.
- Keep game meat clean and cool the meat down as soon as possible after harvesting the animal.
- Avoid cutting through the backbone and spinal tissues and do not eat the brains of any wild animal.
- When handling and cleaning game:
  - Wear rubber or disposable gloves.
  - Do not eat, drink, or smoke.
- When finished handling and cleaning game:
  - Wash your hands thoroughly with soap and water.
  - Clean knives, equipment, and surfaces that were in contact with game meat with soap and water and then disinfect them. While these recommendations apply to general food safety practices, if you are concerned about COVID-19, you may use a product on the EPA list of disinfectants for use against the COVID-19 virus
- Cook all game meat thoroughly (to an internal temperature of 165°F or higher).
- Check with your state wildlife agency regarding any testing requirements for other diseases and for any specific instructions regarding preparing, transporting, and consuming game meat.

18) Can I take my dog to daycare or a groomer?

Until we know more about how this virus affects animals, CDC encourages pet owners to treat pets as you would other human family members to protect them from possible infection. This means limiting contact between pets and people or animals outside the household as much as possible and avoiding places where large numbers of animals and people gather.

Some areas are allowing groomers and boarding facilities such as dog daycares to open. If you must take your pet to a groomer or boarding facility, follow any protocols put into place at the facility, such as wearing a cloth face covering and maintaining at least 6 feet of space between yourself and others if possible.

Limit pet items brought from home to the groomer or boarding facility, and disinfect any objects that are taken into a facility and returned home (such as leashes, bowls, and toys). Use an EPA-
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registered disinfectant external icon to clean items and rinse thoroughly with clean water afterwards. Do not wipe or bathe your pet with chemical disinfectants, alcohol, hydrogen peroxide, or any other products not approved for animal use.

Do not put face coverings on pets, and do not take a sick pet to a groomer or boarding facility. Signs of sickness in animals may include:

- Fever
- Coughing
- Difficulty breathing or shortness of breath
- Lethargy
- Sneezing
- Nasal/ocular discharge
- Vomiting
- Diarrhea

If you think your pet is sick, call your veterinarian. Some veterinarians may offer telemedicine consultations or other plans for seeing sick pets. Your veterinarian can evaluate your pet and determine the next steps for your pet’s treatment and care.

19) Can I take my dog to a dog park?

Dog parks provide socialization and exercise for dogs, which is an important part of their wellbeing. Because there is a small risk that people with COVID-19 could spread it to animals, CDC recommends that you do not let pets interact with people outside of your household, especially in places with community spread of COVID-19. Therefore, you should consider avoiding dog parks or other places where large numbers of people and dogs gather.

Some areas are allowing dog parks to open. If you choose to go to a dog park, follow local guidelines. There are ways to reduce the risk of you or your dog getting infected with COVID-19 if you go to a dog park.

- Do not take your dog to a dog park if you are sick or if you have recently been in close contact with a person with COVID-19.
- Do not take your dog to a dog park if your dog is sick. Signs of sickness in dogs may include fever, coughing, difficulty breathing or shortness of breath, lethargy, sneezing, discharge from the nose or eyes, vomiting, or diarrhea.
- If your dog has tested positive for the virus that causes COVID-19, talk to your veterinarian about when it is appropriate for your pet to go back to normal activities.
- Try to limit your dog’s interaction with other people outside of your household while at the dog park.
- As much as possible, avoid touching common items in the dog park like water bowls. Wash your hands or use hand sanitizer after touching items from the park. To make sure your dog has fresh water, consider bringing your own portable water bowl.
- Limit other pet items brought to the dog park, such as toys. Clean and disinfect anything taken to the park and returned home (leashes, toys, water bowls).
• Do not wipe or bathe your dog with chemical disinfectants, alcohol, hydrogen peroxide, or any other products not approved for animal use.

20) What should I do if there are pets at my long-term care facility or assisted living facility?

Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. However, it appears that the virus that causes COVID-19 can spread from people to animals after close contact with people with COVID-19.

Until we learn more about how this virus affects animals, use similar precautions for pets and other animals in your facility as you would for other people in your facility. This will help protect both people and pets in your facility from COVID-19.

• Do not let pets in the facility interact with sick people.
• Pets or other animals should not be allowed to roam freely around the facility.
• Residents should avoid letting their pets interact with people as much as possible.
• Dogs should be walked on a leash at least 6 feet (2 meters) away from others.
• People sick with COVID-19 should avoid contact with pets and other animals.
• Do not allow pets into common areas of the facility such as cafeterias and social areas.
• Cats should be kept indoors to prevent them from interacting with other animals or people outside of the facility.

Talk to a veterinarian if a pet in your facility gets sick or if you have any concerns about the health of any pets in the facility. If you think a pet in the facility was exposed to or is showing signs consistent with COVID-19, contact your state health official to discuss guidance on testing pets or other animals for the virus that causes COVID-19.

People who are at higher risk for severe illness from COVID-19 should avoid providing care for sick pets, if possible.
Businesses

1) What should I do if an employee comes to work with COVID-19 symptoms (fever, cough, or shortness of breath)?
Employees who have symptoms when they arrive at work or become sick during the day should immediately be separated from other employees, customers, and visitors and sent home. Employees who develop symptoms outside of work should notify their supervisor and stay home.

Sick employees should follow [CDC-recommended steps](https://www.cdc.gov/coronavirus/2019-ncov/worksafe/employee-sick.html). Employees should not return to work until they have met the criteria to [discontinue home isolation](https://www.cdc.gov/coronavirus/2019-ncov/worksafe/employee-sick.html) and have consulted with a healthcare provider.

Employers should not require sick employees to provide a COVID-19 test result or healthcare provider’s note to validate their illness, qualify for sick leave, or return to work. Healthcare provider offices and medical facilities may be extremely busy and not able to provide such documentation in a timely manner.

2) What should I do if an employee is suspected or confirmed to have COVID-19?
In most cases, you do not need to shut down your facility. But do close off any areas used for prolonged periods of time by the sick person:

- Wait 24 hours before cleaning and disinfecting to minimize potential for other employees being exposed to respiratory droplets. If waiting 24 hours is not feasible, wait as long as possible.
- Follow the [CDC cleaning and disinfection recommendations](https://www.cdc.gov/coronavirus/2019-ncov/worksafe/employee-sick.html):
  - Clean dirty surfaces with soap and water before disinfecting them.
  - To disinfect surfaces, use [products that meet EPA criteria for use against SARS-Cov-2](https://www.epa.gov/keywords/coronavirus), the virus that causes COVID-19, and are appropriate for the surface.
  - Be sure to follow the instructions on the product labels to ensure safe and effective use of the product.
  - You may need to wear additional personal protective equipment (PPE) depending on the setting and disinfectant product you are using.

In addition to cleaning and disinfecting, employers should determine which employees may have been exposed to the virus and need to take additional precautions:

- If an employee is confirmed to have COVID-19, employers should inform fellow employees of their possible exposure to COVID-19 in the workplace but maintain confidentiality as required by the Americans with Disabilities Act (ADA).
- Employees who test positive for COVID-19 (using a viral test, not an antibody test) should be excluded from work and [remain in home isolation](https://www.cdc.gov/coronavirus/2019-ncov/worksafe/employee-sick.html) if they do not need to be hospitalized. Employers should provide education to employees on [what to do if they are sick](https://www.cdc.gov/coronavirus/2019-ncov/worksafe/employee-sick.html).
- Employers may need to [work with local health department officials](https://www.cdc.gov/coronavirus/2019-ncov/worksafe/employee-sick.html) to determine which employees may have had close contact with the employee with COVID-19 and who may
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need to take additional precautions, including exclusion from work and remaining at home.

- Most workplaces should follow the Public Health Recommendations for Community-Related Exposure and instruct potentially exposed employees to stay home for 14 days, telework if possible, and self-monitor for symptoms.
- Critical infrastructure workplaces should follow the guidance Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19.

Sick employees should follow CDC-recommended steps. Employees should not return to work until they have met the criteria to discontinue home isolation and have consulted with a healthcare provider. Antibody test results should not be used to make decisions about returning persons to the workplace.

3) If employees have been exposed but are not showing symptoms, should I allow them to work?
Employees may have been exposed if they are a “close contact” of someone who infected, which is defined as being within approximately 6 feet (2 meters) of a person with COVID-19 for a prolonged period of time:

- Potentially exposed employees who have symptoms of COVID-19 should self-isolate and follow CDC recommended steps.
- Potentially exposed employees who do not have symptoms should remain at home or in a comparable setting and practice social distancing for 14 days.

All other employees should self-monitor for symptoms and wear cloth face coverings when in public. If they develop symptoms, they should notify their supervisor and stay home.

See Public Health Recommendations for Community-Related Exposure for more information.

To ensure continuity of operations of essential functions, CDC advises that critical infrastructure workers may be permitted to continue work following potential exposure to COVID-19, provided they remain symptom-free and additional precautions are taken to protect them and the community.

- Critical infrastructure businesses have an obligation to limit, to the extent possible, the reintegration of in-person workers who have been exposed to COVID-19 but remain symptom-free in ways that best protect the health of the worker, their co-workers, and the general public. Remaining at home for 14 days may still be the most preferred and viable option for exposed employees.
- An analysis of core job tasks and workforce availability at worksites can allow the employer to match core activities to other equally skilled and available in-person workers who have not been exposed.
- A critical infrastructure worker who is symptom-free and returns to work should wear a cloth face covering at all times while in the workplace for 14 days after last exposure.
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Employers can issue cloth face coverings or can approve employees’ supplied cloth face coverings in the event of shortages.

See Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19 for more information.

4) What should I do if I find out several days later, after an employee worked, that they were diagnosed with COVID-19?
   • If it has been less than 7 days since the sick employee used the facility, clean and disinfect all areas used by the sick employee following the CDC cleaning and disinfection recommendations.
   • If it has been 7 days or more since the sick employee used the facility, additional cleaning and disinfection is not necessary. Continue routinely cleaning and disinfecting all high-touch surfaces in the facility.
   • Other employees may have been exposed to the virus if they were in “close contact” (within approximately 6 feet or 2 meters) of the sick employee for a prolonged period of time.
     o If an employee is confirmed to have COVID-19, employers should inform fellow employees of their possible exposure to COVID-19 in the workplace but maintain confidentiality as required by the Americans with Disabilities Act (ADA).
     o Those who have symptoms should self-isolate and follow CDC recommended steps.
     o In most workplaces, those potentially exposed but with no symptoms should remain at home or in a comparable setting and practice social distancing for 14 days.
     o Critical infrastructure workers should follow Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19. A critical infrastructure worker who is symptom-free and returns to work should wear a cloth face covering at all times while in the workplace for 14 days after last exposure. Employers can issue facemasks or can approve employees’ supplied cloth face coverings in the event of shortages.
   • Employees not considered exposed should self-monitor for symptoms. If they develop symptoms, they should notify their supervisor and stay home.

5) When should an employee suspected or confirmed to have COVID-19 return to work? Sick employees should follow steps to prevent the spread of COVID-19. Employees should not return to work until they meet the criteria to discontinue home isolation and have consulted with a healthcare provider.

Employers should not require sick employee to provide a negative COVID-19 test result or healthcare provider’s note to return to work. Employees with COVID-19 who have stayed home can stop home isolation and return to work when they have met one sets of criteria found: here.

6) What should I do if an employee has a respiratory illness?
Employees who appear to have COVID-19 symptoms upon arrival to work or become sick during the day with COVID-19 symptoms should immediately be separated from other employees, customers, and visitors and sent home.

CDC has a symptom self-checker chatbot that employers and employees may find helpful. It has a series of questions and recommends what level of medical care, if any, the user should seek. It is not intended to provide diagnosis or treatment.

7) What does “acute” respiratory illness mean?
“Acute” respiratory illness is an infection of the upper or lower respiratory tract that may interfere with normal breathing, such as COVID-19. “Acute” means of recent onset (for example, for a few days), and is used to distinguish from chronic respiratory illnesses like asthma and chronic obstructive pulmonary disease (COPD).

8) Are allergy symptoms considered an acute respiratory illness?
No. Allergy symptoms are not considered an acute respiratory illness. However, there is some overlap between common seasonal allergy symptoms and some of the symptoms that have been reported by people with COVID-19 (e.g., headache, sneezing, cough). It is important to take into account whether an individual’s symptoms are compatible with the usual symptoms and timing for allergy in that person.

9) How do I keep employees who interact with customers safe?
To keep your employees safe, you should:
- Consider options to increase physical space between employees and customers such as opening a drive-through, erecting partitions, and marking floors to guide spacing at least six feet apart.
- At least once a day clean and disinfect surfaces frequently touched by multiple people. This includes door handles, desks, phones, light switches, and faucets.
- Consider assigning a person to rotate throughout the workplace to clean and disinfect surfaces.
- Consider scheduling handwashing breaks so employees can wash their hands with soap and water for at least 20 seconds. Use hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Consider scheduling a relief person to give cashiers and service desk workers an opportunity to wash their hands.

10) What can be done to protect employees who cannot maintain social distancing of at least 6 feet from other employees or customers?
Evaluate your workplace to identify situations where employees cannot maintain a distance of at least 6 feet from each other and/or customers. Use appropriate combinations of controls following the hierarchy of controls to addresses these situations to limit the spread of COVID-19. A committee of both employees and management may be the most effective way to recognize all of these scenarios.
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It is important to note that control recommendations or interventions assigned to reduce the risk of spreading COVID-19 must be compatible with any safety programs and personal protective equipment (PPE) normally required for the job task.

Approaches to consider may include the following:

Alter the workspace using engineering controls to prevent exposure to the virus that causes COVID-19.

- Make sure the workspace is well-ventilated.
- Change the alignment of workstations where feasible. For example, redesign workstations so employees are not facing each other.
- Consider making foot traffic one-way in narrow or confined areas, such as aisles and stairwells, to encourage single-file movement at a 6-foot distance.
- Set up, where possible, physical barriers between employees, and between employees and customers.
  - Use strip curtains, plastic barriers, or similar materials to create impermeable dividers or partitions.
- Move electronic payment terminals/credit card readers farther away from the cashier to increase the distance between the customer and the cashier.
- Use visual cues such as floor decals, colored tape, and signs to remind employees to maintain distance of 6 feet from others, including at their workstation and in break areas.
  - Consider these cues for customers as well, such as at the entrance or checkout line.
- Place handwashing stations or hand sanitizers with at least 60% alcohol throughout the workplace for employees and customers.
  - Use touch-free stations where possible.
  - Make sure restrooms are well-stocked with soap and paper towels.

Provide training and other administrative policies to prevent the spread of COVID-19.

- All employees should have a basic understanding of COVID-19, how the disease spreads, symptoms, and ways to prevent or minimize the spread.
- Trainings should cover the importance of social distancing (maintaining a distance of at least 6 feet), wearing cloth face coverings appropriately, covering coughs and sneezes, washing hands, cleaning and disinfecting high-touch surfaces, not sharing personal items or tools/equipment unless absolutely necessary, and not touching the face, mouth, or eyes.
- Employees should be encouraged to go home or stay home if they feel sick. Ensure that sick leave policies are flexible and consistent with local public health guidance, and that employees are aware of and understand these policies.

Use cloth face coverings as appropriate.

- Recommend employees wear a cloth face covering.
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- Cloth face coverings are intended to protect other people—not the wearer. They are not considered PPE.
- Train employees how to put on and take off cloth face coverings to avoid contamination.
- Cloth face coverings should be washed and dried after each use.
- Cloth face coverings should not be worn if their use creates a new risk (e.g., interferes with driving or vision, contributes to heat-related illness) that exceeds their benefit of slowing the spread of the virus.
- Recommend that visitors to the workplace (service personnel, customers) also wear cloth face coverings.

Personal Protective Equipment (PPE)

PPE is the last step in the hierarchy of controls because it is harder to use effectively than other measures. To be protective and not introduce an additional hazard, the use of PPE requires characterization of the environment, knowledge of the hazard, training, and consistent correct use. This is why administrative and engineering controls are emphasized in guidance to slow the spread of COVID-19. In the current pandemic, use of PPE such as surgical masks or N-95 respirators is being prioritized for healthcare employees and other medical first responders, as recommended by current CDC guidance unless they were required for the job before the pandemic.

11) How can I help protect employees who may be at higher risk for severe illness?
Have conversations with employees if they express concerns. Some people may be at higher risk of severe illness. This includes older adults (65 years and older) and people of any age with serious underlying medical conditions. By using strategies that help prevent the spread of COVID-19 in the workplace, you will help protect all employees, including those at higher risk. These strategies include:
- Implementing telework and other social distancing practices
- Actively encouraging employees to stay home when sick
- Promoting handwashing
- Providing supplies and appropriate personal protective equipment (PPE) for cleaning and disinfecting workspaces
- Requiring all employees to wear cloth face coverings

In workplaces where it’s not possible to eliminate face-to-face contact (such as retail), consider assigning higher risk employees work tasks that allow them to maintain a 6-foot distance from others, if feasible.

Employers should not require employees to provide a note from their healthcare provider when they are sick and instead allow them to inform their supervisors or employee health services when they have conditions that put them at higher risk for diseases.

12) When is a cloth face covering not appropriate while at work, and what can employees wear instead?
Cloth face coverings can prevent the wearer from spreading COVID-19 to others, but they may not always be appropriate. Employees should consider using an alternative under certain conditions at work, including:

- If they have trouble breathing.
- If they are unable to remove it without help.
- If it interferes with vision, glasses, or eye protection.
- If straps, strings, or other parts of the covering could get caught in equipment.
- If other work hazards associated with wearing the covering are identified and cannot be addressed without removal of the face covering.

Cloth face coverings should not be worn if their use creates a new risk (e.g., interferes with driving or vision, contributes to heat-related illness) that exceeds their benefit of slowing the spread of the virus.

The Occupational Safety and Health Administration (OSHA) suggests that an employee wear a face shield if a cloth face covering is recommended but the employee cannot tolerate wearing a cloth face covering. If used, a face shield should cover the entire front and sides of the face and extend below the chin.

13) What does source control mean?
Source control is a term used to describe measures (e.g., cloth face coverings or face shields) intended to prevent people with COVID-19 from spreading the disease to others. COVID-19 is spread through droplets produced when an infected person coughs, sneezes, or talks. Evidence suggests that people who have mild symptoms or no symptoms can spread it to others without realizing they are infected. Cloth face coverings and face shields are types of source control that provide a barrier between droplets produced from a potentially infected person and other people, reducing the likelihood of transmitting the virus.

14) Are cloth face coverings the same as personal protective equipment (PPE)?
No, cloth face coverings are not PPE. These face coverings are not respirators and are not appropriate substitutes for them in workplaces where respirators are recommended or required for respiratory protection.

15) How should cloth face coverings worn at work be handled, stored, and washed?
When wearing a cloth face covering, it should fit over the nose and mouth, fit snugly but comfortably against the side of the face, and be secured with ties or ear loops. The cloth face covering should allow the wearer to breathe without restriction.

Employees should avoid touching their eyes, nose, or mouth as well as the inside or outside of the face covering while putting on, wearing, and removing it. When putting on and removing it, they should only touch the ties or ear loops.

If storing the cloth face covering while at work, employees should place the used cloth face covering into a container or paper bag labeled with the employee’s name.
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Cloth face coverings should not be shared with others unless they are washed and dried first.

If the cloth face covering becomes wet, visibly soiled, or contaminated at work, it should be removed and stored to be laundered later. The employee should put on a clean cloth face covering or disposable face mask. If cloth face coverings are provided by the employer, a clean face covering should be issued to replace the soiled one.

Employees should wash hands with soap and water for at least 20 seconds before and after putting on, touching, or removing cloth face coverings. If soap and water are not available, they should use a hand sanitizer with at least 60% alcohol.

Laundry instructions depend on the cloth used to make the face covering. In general, cloth face coverings should be washed regularly (e.g., daily after each shift) using water and a mild detergent and dried completely in a hot dryer. If a washing machine and dryer are not available, an alternative is to soak the cloth face covering in a diluted bleach (0.1%) solution, rinse, and air dry completely. Hands should be washed before laundering the cloth face coverings.

16) How often should my employees wash their hands while at work?
CDC recommends employees protect themselves from respiratory illness with everyday preventive actions, including good hand hygiene. Employees should wash hands often with soap and water for at least 20 seconds, or use a hand sanitizer that contains at least 60% alcohol if soap and water are not readily available, especially during key times when persons are likely to be infected by or spread germs:

- After blowing one’s nose, coughing, or sneezing
- Before, during, and after preparing food
- After using the toilet
- After touching garbage
- Before and after the work shift
- Before and after work breaks
- After touching objects that have been handled by customers

17) What can I tell my employees about reducing the spread of COVID-19 at work?
Employees should take the following steps to protect themselves at work:

- Follow the policies and procedures of the employer related to illness, cleaning and disinfecting, and work meetings and travel.
- Stay home if sick, except to get medical care.
- Practice social distancing by keeping at least 6 feet away from fellow co-employees, customers, and visitors when possible.
- Wear cloth face coverings, especially when social distancing is not possible.
- Employees should inform their supervisor if they or their colleagues develop symptoms at work. No one with COVID-19 symptoms should be present at the workplace.
- Wash hands often with soap and water for at least 20 seconds, especially after blowing noses, coughing, or sneezing, or having been in a public place.
  - Use hand sanit
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- Use that contains at least 60% alcohol if soap and water are not available.
- Avoid touching eyes, nose, and mouth.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc.
- Minimize handling cash, credit cards, and mobile or electronic devices when possible.
- Avoid all non-essential travel.
- Where possible, avoid direct physical contact such as shaking hands with people.

18) Should we be screening employees for COVID-19 symptoms (such as temperature checks)? What is the best way to do that?
Screening employees is an optional strategy that employers may use. Performing screening or health checks will not be completely effective because asymptomatic individuals or individuals with mild non-specific symptoms may not realize they are infected and may pass through screening. Screening and health checks are not a replacement for other protective measures such as social distancing.

Consider encouraging individuals planning to enter the workplace to self-screen prior to coming onsite and not to attempt to enter the workplace if any of the following are present:

- Symptoms of COVID-19
- Fever equal to or higher than 100.4°F*
- Are under evaluation for COVID-19 (for example, waiting for the results of a viral test to confirm infection)
- Have been diagnosed with COVID-19 and not yet cleared to discontinue isolation

*A lower temperature threshold (e.g., 100.0°F) may be used, especially in healthcare settings.

Content of screening questions
If you decide to actively screen employees for symptoms rather than relying on self-screening, consider which symptoms to include in your assessment. Although there are many different symptoms that may be associated with COVID-19, you may not want to treat every employee with a single non-specific symptom (e.g., a headache) as a suspect case of COVID-19 and send them home until they meet criteria for discontinuation of isolation.

Consider focusing the screening questions on “new” or “unexpected” symptoms (e.g., a chronic cough would not be a positive screen). Consider including these symptoms:

- Fever or feeling feverish (chills, sweating)
- New cough
- Difficulty breathing
- Sore throat
- Muscle aches or body aches
- Vomiting or diarrhea
- New loss of taste or smell
Protection of screeners

There are several methods that employers can use to protect the employee conducting the screening. The most protective methods incorporate social distancing (maintaining a distance of 6 feet from others), or physical barriers to eliminate or minimize the screener’s exposures due to close contact with a person who has symptoms during screening. Examples to consider that incorporate these types of controls for temperature screening include:

- **Reliance on Social Distancing:** Ask employees to take their own temperature either before coming to the workplace or upon arrival at the workplace. Upon their arrival, stand at least 6 feet away from the employee and:
  - Ask the employee to confirm that their temperature is less than 100.4°F (38.0°C) and confirm that they are not experiencing coughing or shortness of breath.
  - Make a visual inspection of the employee for signs of illness, which could include flushed cheeks or fatigue.
  - Screening staff do not need to wear personal protective equipment (PPE) if they can maintain a distance of 6 feet.

- **Reliance on Barrier/Partition Controls:** During screening, the screener stands behind a physical barrier, such as a glass or plastic window or partition, that can protect the screener’s face and mucous membranes from respiratory droplets that may be produced when the employee sneezes, coughs, or talks. Upon arrival, the screener should wash hands with soap and water for at least 20 seconds or, if soap and water are not available, use hand sanitizer with at least 60% alcohol. Then:
  - Make a visual inspection of the employee for signs of illness, which could include flushed cheeks or fatigue.
  - Conduct temperature and symptom screening using this protocol:
    - Put on disposable gloves.
    - Check the employee’s temperature, reaching around the partition or through the window. Make sure the screener’s face stays behind the barrier at all times during the screening.
    - **If performing a temperature check on multiple individuals, make sure that you use a clean pair of gloves for each employee and that the thermometer has been thoroughly cleaned in between each check.** If disposable or non-contact thermometers are used and you did not have physical contact with an individual, you do not need to change gloves before the next check. If non-contact thermometers are used, clean and disinfect them according to manufacturer’s instructions and facility policies.
  - Remove and discard PPE (gloves), and wash hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.

If social distance or barrier controls cannot be implemented during screening, PPE can be used when the screener is within 6 feet of an employee during screening. However, reliance on PPE alone is a less effective control and more difficult to implement given PPE shortages and training requirements.
Businesses

- **Reliance on Personal Protective Equipment (PPE):** Upon arrival, the screener should wash their hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol, put on a face mask, eye protection (goggles or disposable face shield that fully covers the front and sides of the face), and a single pair of disposable gloves. A gown could be considered if extensive contact with an employee is anticipated. Then:
  - Make a visual inspection of the employee for signs of illness, which could include flushed cheeks or fatigue, and confirm that the employee is not experiencing coughing or shortness of breath.
  - Take the employee’s temperature.
    - **If performing a temperature check on multiple individuals, make sure that you use a clean pair of gloves for each employee and that the thermometer has been thoroughly cleaned in between each check.** If disposable or non-contact thermometers are used and you did not have physical contact with an individual, you do not need to change gloves before the next check. If non-contact thermometers are used, you should clean and disinfect them according to manufacturer’s instructions and facility policies.
  - After each screening or after several screenings, where you did not have physical contact with an individual, remove and discard PPE and wash hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.

19) **How do I handle personal protective equipment (PPE) waste?**
Discard PPE into a trash can. Facility waste does not need disinfection.

20) **What is social distancing and how can my workplace do that?**
Social distancing means avoiding large gatherings and maintaining distance (at least 6 feet or 2 meters) from others when possible. Strategies that businesses could use include:

- Allowing flexible worksites (such as telework)
- Allowing flexible work hours (such as staggered shifts)
- Increasing physical space between employees at the worksite
- Increasing physical space between employees and customers (such as a drive-through and partitions)
- Implementing flexible meeting and travel options (such as postponing non-essential meetings or events)
- Delivering services remotely (e.g., phone, video, or web)
- Delivering products through curbside pick-up or delivery

21) **I don’t provide paid sick leave to my employees. What should I do?**
Employers that do not currently offer sick leave to some or all of their employees may want to draft non-punitive “emergency sick leave” policies. Ensure that sick leave policies are flexible and consistent with public health guidance and that employees are aware of and understand these policies.
Businesses

The Families First Coronavirus Response Act (FFCRA or Act) requires certain employers to provide their employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19. Employers with fewer than 500 employees are eligible for 100% tax credits for Families First Coronavirus Response Act COVID-19 paid leave provided through December 31, 2020, up to certain limits.

22) Should I require employees to provide a doctor’s note or positive COVID-19 test result?
Employers should not require sick employees to provide a COVID-19 test result or a healthcare provider’s note to validate their illness, qualify for sick leave, or to return to work. Healthcare provider offices and medical facilities may be extremely busy and not able to provide such documentation in a timely manner.

23) Should I cancel my meetings and conferences?
Carefully consider whether travel is necessary, and use videoconferencing or teleconferencing when possible for work-related meetings and gatherings. Employers should consider canceling, adjusting, or postponing large work-related meetings or gatherings that can only occur in-person. Follow CDC guidance for events and mass gatherings and consider resuming non-essential travel in accordance with state and local regulations and guidance.

When videoconferencing or teleconferencing is not possible, hold meetings in open, well-ventilated spaces, and space chairs at least 6 feet apart. Encourage staff and attendees to stay home if sick.

24) What measures should be taken to protect an employee who must travel for work?
Although travel should be minimized as much as possible during the COVID-19 pandemic, many jobs require travel, and it may not be possible to conduct certain job duties using virtual tools. The following measures may be taken to protect employees while traveling:

- Schedule travel to limit the distance travelled and need for overnight lodging.
- If multi-day travel is necessary, coordinate with travel preparers to identify hotels that disinfect rooms between stays and regularly disinfect surfaces in common areas.
- Provide employees with forms of transportation that minimize close contact with others such as fleet vehicles or rental vehicles.
- If public transportation is used, ask employees to follow the CDC guidance on how to protect yourself when using transportation.
- If flying is necessary, select seats on flights that provide the greatest distance between other travelers and choose direct flights, if possible.
- Disinfect surfaces of rental cars or fleet vehicles (e.g., steering wheel, shifter, arm rests, etc.) between each use, using products that meet EPA’s criteria for use against SARS-CoV-2.
- Make sure employees are provided with the necessary supplies and understand protective measures they can take while traveling. These measures include:
  - Maintain a distance of at least 6 feet from other people (social distancing) as much as possible during travel.
Businesses

- Wear cloth face coverings when a distance of 6 feet is difficult to maintain, such as in airports, airplanes, and public transportation.
- Use disinfecting wipes to clean commonly touched surfaces inside vehicles and airplanes.
- Consider ordering food for pickup or delivery rather than eating out at restaurants.
- Wash hands or use hand sanitizer regularly.

- Ensure that employees know that if they get sick they should stay home (not travel) or return home (if traveling) provided it is feasible for them to travel without endangering themselves or others.
- Make sure employees know who to contact if they are sick.

For more information, see [CDC guidance for travel in the United States](https://www.cdc.gov/coronavirus/2019-ncov/travelers/)

25) How do I clean and disinfect machinery or equipment?
Current evidence, though still preliminary, suggests that SARS-CoV-2, the virus that causes COVID-19, may remain viable for hours to days on surfaces made from a variety of materials. It 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.

If the machinery or equipment in question are not accessible to employees or have not been in contact with someone infected with COVID-19, they will not present an exposure hazard.

If machinery or equipment are thought to be contaminated and can be cleaned, follow the [CDC cleaning and disinfection recommendations](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfecting.html). First clean dirty surfaces with soap and water. Second, disinfect surfaces using products that meet EPA’s criteria for use against SARS-CoV-2 and are appropriate for the surface.

If machinery or equipment are thought to be contaminated and cannot be cleaned, they can be isolated. Isolate papers or any soft (porous) surfaces for a minimum of 24 hours before handling. After 24 hours, remove soft materials from the area and clean the hard (non-porous) surfaces per the cleaning and disinfection recommendations. Isolate hard (non-porous) surfaces that cannot be cleaned and disinfected for a minimum of 7 days before handling.

26) How can I safely use cleaning chemicals?

- Always wear gloves appropriate for the chemicals being used when you are cleaning and disinfecting. Additional personal protective equipment (PPE) may be needed based on the setting and product you are using.
- Never mix household bleach with ammonia or any other cleaner.
- Make sure that employees know which cleaning chemicals must be diluted and how to correctly dilute the cleaners they are using.
- Employers must ensure workers are trained on the hazards of the cleaning chemicals used in the workplace in accordance with OSHA’s Hazard Communication standard (29 CFR 1910.1200 and 1910.1200).
Businesses

- Follow the manufacturer’s instructions for all cleaning and disinfection products for concentration, application method, and contact time.

27) In addition to cleaning and disinfecting, what can I do to decrease the spread of disease in my workplace?
Employers can also:

- Provide tissues and no-touch disposal receptacles.
- Provide soap and water in the workplace. If soap and water are not readily available, use alcohol-based hand sanitizer that contains at least 60% alcohol. If hands are visibly dirty, soap and water should be chosen over hand sanitizer.
- Place hand sanitizer in multiple locations to encourage good hand hygiene practices.
- Place posters that encourage staying home when sick, the importance of hand hygiene, and coughing and sneezing etiquette at the entrance to your workplace and in other workplace areas where employees are likely to see them.
- Discourage handshaking

28) Should I adjust my ventilation system?
The risk of spreading the virus that causes COVID-19 through ventilation systems has not been studied, but is likely low. Routine HVAC maintenance is recommended. Although it is never the first line of prevention, consider general ventilation adjustments in your workplace, such as increasing ventilation and increasing the amount of outdoor air used by the system. Maintain the indoor air temperature and humidity at comfortable levels for building occupants.

29) How should restrooms be cleaned and disinfected?
CDC and the Environmental Protection Agency (EPA) have jointly developed guidance for cleaning and disinfecting public spaces, including restrooms. Employers should develop a plan for routine cleaning and disinfection, including the regular cleaning and disinfection of high-touch surfaces such as doorknobs, faucets, toilets, and other restroom furnishings.

Custodial staff should wear personal protective equipment (PPE) based on the setting and cleaning product they are using. To protect your staff and ensure that the products are used effectively, staff should be instructed on how to apply the disinfectants according to label instructions and precautions. Consider posting a cleaning schedule in the restrooms and marking off when each round of cleaning is completed.

30) If I shut down my facility as a result of a COVID-19 case or outbreak, what is the recommended way to clean and disinfect, and what is the appropriate timeframe to resume operations?
- Follow CDC guidance for cleaning and disinfection.
- Wait 24 hours before cleaning and disinfecting to minimize potential for exposure to respiratory droplets. If 24 hours is not feasible, wait as long as possible.
- Open outside doors and windows to increase air circulation in the area.

Cleaning staff should clean and disinfect all areas including offices, bathrooms, and common areas, focusing especially on frequently touched surfaces.
Businesses

- Clean dirty surfaces with soap and water prior to disinfection.
- Next, disinfect surfaces using products that meet EPA’s criteria for use against SARS-CoV-2, the virus that causes COVID-19, and that are appropriate for the surface.
- Follow the manufacturer’s instructions for all cleaning and disinfection products for concentration, application method, contact time, and required PPE.

Operations can resume as soon as the cleaning and disinfection are completed.

31) How do I know if my business is considered critical?
The Department of Homeland Security developed a list of essential critical infrastructure workers to help state and local officials as they work to protect their communities, while ensuring continuity of functions critical to public health and safety as well as economic and national security. State and local officials make the final determinations for their jurisdictions about critical infrastructure workers.

32) Should I allow critical infrastructure employees to work if they have been exposed but are not showing symptoms of COVID-19?
Functioning critical infrastructure is imperative during the response to the COVID-19 emergency, for both public health and safety as well as community well-being. When continuous remote work is not possible, critical infrastructure businesses should use strategies to reduce the likelihood of spreading the disease. This includes, but is not necessarily limited to, separating staff by off-setting shift hours or days and implementing social distancing. These steps can preserve and protect the workforce and allow operations to continue.

To ensure continuity of operations of essential functions, CDC advises that critical infrastructure workers may be permitted to continue work following potential exposure to COVID-19, provided they remain asymptomatic and additional precautions are implemented to protect them and the community. However, reintegrating exposed, asymptomatic employees to onsite operations, while discussed in the critical infrastructure guidance, should not be misinterpreted as always being the first or most appropriate option to pursue in managing critical work tasks. Staying home may still be the most preferred and protective option for exposed employees. Critical infrastructure businesses have an obligation to limit, to the extent possible, the reintroduction of in-person workers who have experienced an exposure to COVID-19 but remain symptom-free in ways that best protect the health of the worker, their co-workers, and the general public.

Create a critical infrastructure sector response plan. Cross-training employees to perform critical job functions so the workplace can operate even if key employees are absent and match critical job functions with other equally skilled and available employees who have not experienced an exposure to COVID-19.

Critical infrastructure workers who have been exposed but remain symptom-free and must return to in-person work should adhere to the following practices before and during their work shift:
- Pre-screen for symptoms
- Monitor regularly for symptoms
- Wear a cloth face covering
Businesses

- Practice social distancing
- Clean and disinfect workspaces

Employees with symptoms should be sent home and should not return to the workplace until they have met the criteria to discontinue home isolation.

See Implementing Safety Practices for Critical Infrastructure Workers Who May Have Had Exposure to a Person with Suspected or Confirmed COVID-19 for more information.

33) Is other specific CDC guidance available for critical infrastructure workplaces?
CDC has guidance for first responders and law enforcement as well as a series of fact sheets for specific critical infrastructure worker groups. Unless otherwise specified, the CDC interim guidance for businesses and employers applies to critical infrastructure workplaces as well.

34) Who can businesses call for information about their options when it comes to closing down?
For questions about unemployment issues, businesses should call DOLIR at: 573-751-1995
For questions regarding worker safety, businesses should call DOLIR at: 573-751-3403

35) What additional resources are available for businesses?:
Also, DOLIR has information available at: https://labor.mo.gov/coronavirus
1) What actions should I take to plan for an outbreak?
Creating an emergency plan for mass gatherings and large community events, such as concerts and sporting events, can help protect the health of your staff, attendees, and the local community. This planning should include:

- Encouraging staff and attendees to stay home if sick.
- Developing flexible refund policies for attendees.
- Providing supplies for attendees and staff that can be used to help prevent the spread of germs.
- Consulting local public health officials about your event.

2) How many guests can safely attend a conference, sporting event, concert, or other community event?
CDC does not have a limit or recommend a specific number of attendees for these types of events and instead encourages event organizers to focus on ways to limit people’s contact with each other. Each event organizer will need to determine the appropriate number for their setting in collaboration with local health officials. They should also check state, county, and city rules regarding any current restrictions limiting the number of attendees at events.

In general, the number that is chosen should allow individuals to remain at least 6 feet apart from each other. Rather than focusing on an ideal number, event organizers and administrators should focus on the ability to reduce and limit contact between attendees, staff, and others. In general, the more people you interact with, the more closely you interact with them, and the longer that interaction, the higher your risk of getting and spreading COVID-19. Indoor spaces are more risky than outdoor spaces because indoors, it can be harder to keep people at least 6 feet apart and the ventilation is not as good as it is outdoors.

3) Does CDC have recommendations on how to maintain 6 feet between attendees during events?
Yes. CDC recommends several strategies for this. For instance, organizers can:

- Limit attendance or seating capacity to allow for social distancing, or host smaller events in larger rooms.
- Block off rows or sections of seating in order to space people at least 6 feet apart.
- Use multiple entrances and exits and discourage crowded waiting areas.
- Eliminate lines or queues if possible or encourage people to stay at least 6 feet apart by providing signs or other visual cues such as tape or chalk marks.
- Provide physical guides, such as tape on floors or sidewalks and signs on walls, to ensure that individuals remain at least 6 feet apart in lines and at other times (such as guides for creating one-way routes).
- Prioritize outdoor activities where social distancing can be maintained as much as possible.
- Offer online attendance options in addition to in-person attendance to help reduce the number of attendees.
- Consider limiting the number of people who occupy the restroom at one time to allow for social distancing.
Community Events/Mass Gatherings for Event Organizers

- Do not allow lines or crowds to form near the restroom. Take steps to ensure that individuals can stay at least 6 feet apart from each other.

4) **Should organizers test all attendees and staff for COVID-19 before they can enter an event?**

CDC does not recommend testing all attendees and staff before allowing them to enter. Testing all event attendees and staff for COVID-19 before allowing them to enter the venue has not been systematically studied. It is unknown if entry testing at event venues provides any additional reduction in person-to-person transmission of the virus beyond what would be expected with other preventive measures (such as social distancing, wearing cloth face coverings, hand washing, enhanced cleaning and disinfection).

CDC does recommend conducting health checks such as temperature screening and/or symptom checking of staff and attendees safely and respectfully, and in accordance with any applicable privacy laws and regulations.

5) **Does CDC recommend all event attendees wear cloth face coverings?**

Yes. CDC recommends that people wear cloth face coverings in public settings and when around people who don’t live in their household, especially when other social distancing measures are difficult to maintain. CDC recommends that organizers require staff to wear cloth face coverings and encourage attendees ahead of events to bring and wear cloth face coverings at the event. Cloth face coverings are most essential when physical distancing is difficult (such as when moving within a crowd or audience). Cloth face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms. Cloth face coverings are not surgical masks or respirators. They are not personal protective equipment.

Cloth face coverings are strongly encouraged in settings where individuals might raise their voices (such as shouting, chanting, singing). Provide all staff with information on proper use, removal, and washing of cloth face coverings. Advise staff that cloth face coverings should not be placed on:

- Babies or children younger than 2 years old
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the cloth face covering without assistance

6) **What actions can staff and attendees take to prevent the spread of COVID-19?**

Encourage staff and attendees to take everyday preventive actions to help prevent the spread of respiratory illnesses, such as COVID-19. This includes:

- **Cleaning your hands often.**
- **Avoiding close contact** with people who are sick.
- Staying home when you are sick.
- Covering coughs and sneezes with a tissue or the inside of your elbow.
- Cleaning and disinfecting frequently touched surfaces.
Community Events/Mass Gatherings for Event Organizers

- Using a cloth face covering in public, especially when it may be difficult to maintain a distance of at least six feet from other people.

7) How should staff clean the facility before and during the event to limit spread of the virus?
Event staff should use several strategies to maintain healthy environments, including cleaning and disinfection:

- Clean and disinfect frequently touched surfaces within the venue at least daily or between uses as much as possible—for example, door handles, sink handles, drinking fountains, grab bars, hand railings, and cash registers.
- Clean and disinfect shared objects between uses—for example, payment terminals, tables, countertops, bars, and condiment holders. Consider closing areas such as drinking fountains that cannot be adequately cleaned and disinfected during an event.
- Develop a schedule for increased, routine cleaning and disinfection. Plan for and enact these cleaning routines when renting event space and ensure that other groups who may use your facilities follow these routines.
- Ensure safe and correct use and storage of cleaners and disinfectants to avoid harm to employees and other individuals. Always read and follow label instructions for each product, and store products securely away from children.
- Use EPA-approved disinfectants against COVID-19. Cleaning products should not be used near children. Staff should ensure that there is adequate ventilation when using these products to prevent attendees or themselves from inhaling toxic vapors.
- Use disposable gloves when removing garbage bags or handling and disposing of trash. After using disposable gloves, throw them out in a lined trash can. Do not disinfect or reuse the gloves. Wash hands after removing gloves.
- Avoid offering any self-serve food or drink options, such as buffets, salad bars, and drink stations. Consider having pre-packaged boxes or bags for each attendee.
- Ensure that ventilation systems operate properly and increase circulation of outdoor air as much as possible — for example, by opening windows and doors and prioritizing outdoor seating. However, do not open windows and doors if doing so poses a safety or health risk to customers or employees (e.g., risk of falling or triggering asthma symptoms).

8) What are things to consider when determining if an event needs to be postponed or canceled?
Consult with local public health officials and continually assess, based on current conditions, whether to postpone, cancel, or significantly reduce the number of attendees (if possible) at an event or gathering. When determining if you should postpone or cancel a large gathering or event, consider the:

- Overall number of attendees or crowd size.
- Number of attendees who are at higher risk of developing serious illness from COVID-19. This includes older adults and people with underlying health problems such as lung or heart disease and diabetes.
- How close together attendees will be at the event.
Community Events/Mass Gatherings for Event Organizers

- Amount of spread in local community and the communities from where your attendees are likely to travel.
- Needs and capacity of the local community to host or participate in your event.

9) Is there information I can share with staff and attendees about COVID-19?
Share these resources to help people understand COVID-19 and steps they can take to help protect themselves:

- Prevention and Treatment
- What to Do If You Are Sick
- Groups at Higher Risk
- FAQs: Pregnant Women and COVID-19
- FAQs: Coronavirus Disease-2019 (COVID-19) and Children
- Handwashing: A Family Activity
- Handwashing: Clean Hands Save Lives
- Considerations for Restaurants and Bars
- Considerations for Animal Activities at Fairs, Shows, and Other Events

10) What steps should I take if an attendee or staff person develops symptoms of COVID-19 while at the event?
If a staff member or attendee becomes sick at your event, separate them from others as soon as possible and until they can go home. Provide them with clean, disposable facemask to wear, if available. If not available, provide them with a cloth face covering which can be improvised if needed from a tee shirt, bandana, or other clothing, as well as a tissue or some other way to cover their coughs and sneezes. If needed, contact emergency services for those who need emergency care. Public transportation, shared rides, and taxis should be avoided for sick persons. Be sure to contact local public health officials regarding the possible case of COVID-19 at your event and how to communicate with staff and attendees about possible exposure to the virus. Read more about preventing the spread of COVID-19 if someone is sick.

11) What is the best way to clean and disinfect the event space after a confirmed case of COVID-19 at my event?

CDC has guidance for cleaning and disinfecting rooms and areas where a person with suspected or confirmed COVID-19 has visited. See Environmental Cleaning and Disinfection Recommendations.

1) What is a novel coronavirus?

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

A diagnosis with coronavirus 229E, NL63, OC43, or HKU1 is not the same as a COVID-19 diagnosis. Patients with COVID-19 will be evaluated and cared for differently than patients with common coronavirus diagnosis.

2) What is the source of the virus?

COVID-19 is caused by a coronavirus called SARS-CoV-2. Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people. This occurred with MERS-CoV and SARS-CoV, and now with the virus that causes COVID-19. The SARS-CoV-2 virus is a betacoronavirus, like MERS-CoV and SARS-CoV. All three of these viruses have their origins in bats. The sequences from U.S. patients are similar to the one that China initially posted, suggesting a likely single, recent emergence of this virus from an animal reservoir. However, the exact source of this virus is unknown. More information about the source and spread of COVID-19 is available on the Situation Summary: Source and Spread of the Virus.

3) Why is the disease being called coronavirus disease 2019, COVID-19?

On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, ‘CO’ stands for ‘corona,’ ‘VI’ for ‘virus,’ and ‘D’ for disease. Formerly, this disease was referred to as “2019 novel coronavirus” or “2019-nCoV”.

There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease, caused be a novel (or new) coronavirus that has not previously been seen in humans.

4) What is the name of the virus causing the outbreak of COVID-19?

On February 11, 2020, the International Committee on Taxonomy of Viruses, charged with naming new viruses, named the novel coronavirus, first identified in Wuhan, China, severe acute respiratory syndrome coronavirus 2, shortened to SARS-CoV-2.

As the name indicates, the virus is related to the SARS-associated coronavirus (SARS-CoV) that caused an outbreak of severe acute respiratory syndrome (SARS) in 2002-2003, however it is not the same virus.
5) Is SARS-CoV-2 (the virus causing COVID-19) the same as the MERS-CoV or SARS-CoV?

No. Coronaviruses are a large family of viruses. Some coronaviruses cause cold-like illnesses in people. Others cause illness in certain types of animals, such as cattle, camels and bats. Rarely, animal coronaviruses can spread to people. This happened with SARS-CoV and MERS-CoV. The virus that causes COVID-19 likely also originated in an animal and spread to humans. The coronavirus most similar to the virus causing COVID-19 is SARS-CoV. There are ongoing investigations to learn more. The situation is changing, and information will be updated as it becomes available.

Election Polling Locations

1) What preventive action can polling workers take?
• Stay at home if you have fever, respiratory symptoms, or believe you are sick.

• Practice routine cleaning of frequently touched surfaces: including tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, etc.

• Disinfect surfaces that may be contaminated with germs after cleaning: a list of products with EPA-approved emerging viral pathogens claims, maintained by the American Chemistry Council Center for Biocide Chemistries (CBC), is available at: https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf. Products with EPA-approved emerging viral pathogens claims are expected to be effective against the virus that causes COVID-19 based on data for harder to kill viruses. Follow the manufacturer’s instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, and use of personal protective equipment). 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.

• Practice hand hygiene frequently: wash hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

• Clean and disinfect voting associated electronics (e.g., voting machines, laptops, tablets, keyboards) routinely using products with the EPA-approved emerging viral pathogens claims (examples can be found here: this link). Follow the manufacturer’s instructions for all cleaning and disinfection products:
  o Consult with the voting machine manufacturer about guidance on products appropriate for disinfecting voting machines and touch screens, and consider additional use of wipeable covers for machines if possible.
  o If no guidance is available, consider the use of alcohol-based wipes or spray containing at least 70% alcohol to clean voting machine buttons and touch screens. Use of alcohol-based products may reduce risk of damage to sensitive voting machine components.

2) What preventive action can polling stations workers take for themselves and the general public?

Based on available data, the most important measures to prevent transmission of viruses in crowded public areas include careful and consistent cleaning of one’s hands. Therefore:
• Ensure bathrooms at the polling station are supplied adequately with soap, water, and drying materials so visitors and staff can wash their hands.
• Provide an alcohol-based hand sanitizer with at least 60% alcohol for use before or after using the voting machine or the final step in the voting process. Consider placing the alcohol-based hand sanitizer in visible, frequently used locations such as registration desks and exits.

References
Community Mitigation Guidance for COVID-19 Response in the United States: Nonpharmaceutical Interventions for Community Preparedness and Outbreak Response
Election Polling Locations


Handwashing: Clean Hands Save Lives

https://www.cdc.gov/handwashing/when-how-handwashing.html
Funerals and COVID-19

1) Am I at risk if I go to a funeral or visitation service for someone who died of COVID-19?

There is currently no known risk associated with being in the same room at a funeral or visitation service with the body of someone who died of COVID-19.

2) Am I at risk if I touch someone who died of COVID-19 after they have passed away?

COVID-19 is a new disease and we are still learning how it spreads. The virus that causes COVID-19 is thought to spread mainly from person-to-person through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. This type of spread is not a concern after death.

It 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.

People should consider not touching the body of someone who has died of COVID-19. Older people and people of all ages with severe underlying health conditions are at higher risk of severe illness from COVID-19. There may be less of a chance of the virus spreading from certain types of touching, such as holding the hand or hugging after the body has been prepared for viewing. Other activities, such as kissing, washing, and shrouding should be avoided before, during, and after the body has been prepared, if possible. If washing the body or shrouding are important religious or cultural practices, families are encouraged to work with their community cultural and religious leaders and funeral home staff on how to reduce their exposure as much as possible. At a minimum, people conducting these activities should wear disposable gloves. If splashing of fluids is expected, additional personal protective equipment (PPE) may be required (such as disposable gown, faceshield or goggles and N-95 respirator).

3) What should I do if my family member died from COVID-19 while overseas?

When a US citizen dies outside the United States, the deceased person’s next of kin or legal representative should notify US consular officials at the Department of State. Consular personnel are available 24 hours a day, 7 days a week, to provide assistance to US citizens for overseas emergencies. If a family member, domestic partner, or legal representative is in a different country from the deceased person, he or she should call the Department of State’s Office of Overseas Citizens Services in Washington, DC, from 8 am to 5 pm Eastern time, Monday through Friday, at 888-407-4747 (toll-free) or 202-501-4444. For emergency assistance after working hours or on weekends and holidays, call the Department of State switchboard at 202-647-4000 and ask to speak with the Overseas Citizens Services duty officer. In addition, the US embassy closest to or in the country where the US citizen died can provide assistance.

4) My family member died from COVID-19 while overseas. What are the requirements for returning the body to the United States?

CDC does not require an autopsy before the remains of a person who died overseas are returned to the United States. Depending on the circumstances surrounding the death, some countries may
Funerals and COVID-19

require an autopsy. Sources of support to the family include the local consulate or embassy, travel insurance provider, tour operator, faith-based and aid organizations, and the deceased’s employer. There likely will need to be an official identification of the body and official documents issued by the consular office.

CDC requirements for importing human remains depend upon if the body has been embalmed, cremated, or if the person died from a quarantinable communicable disease.

At this time, COVID-19 is a quarantinable communicable disease in the United States and the remains must meet the standards for importation found in 42 Code of Federal Regulations Part 71.55 and may be cleared, released, and authorized for entry into the United States only under the following conditions:

- The remains are cremated; OR
- The remains are properly embalmed and placed in a hermetically sealed casket; OR
- The remains are accompanied by a permit issued by the CDC Director. The CDC permit (if applicable) must accompany the human remains at all times during shipment.
  - Permits for the importation of the remains of a person known or suspected to have died from a quarantinable communicable disease may be obtained through the CDC Division of Global Migration and Quarantine by calling the CDC Emergency Operations Center at 770-488-7100 or emailing dgmqpolicyoffice@cdc.gov.

5) What guidance has DHSS provided regarding funerals during the COVID-19 pandemic?

Families and funeral home operators should consider modifying traditional plans for gatherings to remember loved ones. Some options include:
Hold a smaller service for immediate family.
Webcast, livestream, or record the service on video, which could then be shared with whomever the family deems appropriate.
If the immediate family holds a service now, plan a larger follow-up memorial gathering later after restrictions are lifted.
Postpone the service until restrictions are lifted.
Posting health guidelines for guests entering chapels.
Post signs to hand washing sinks with provided soap and paper towels.
Provide tissues and hand sanitizer where people gather and at the entrance to the building.
Consider scheduling small groups with the funeral director. This will allow small groups to visit and disperse.
Practice social distancing as much as possible (stay six feet away from other people).
Keep door and windows open as much as possible to allow ventilation.

Some state and local officials are placing restrictions on public gatherings. If your city or state has issued more stringent rules about mass gatherings, those restrictions take precedence. Whatever funeral organizers choose, consider incorporating some level of social distancing and personal health and hygiene controls. As with any gathering place, funeral home operators should consider enhanced cleaning and disinfection of frequently contacted surfaces. For more information, visit https://health.mo.gov/living/healthcondiseases/communicable/novel-
Funerals and COVID-19


6) How can loved ones safely handle belongings of someone who died from COVID-19?

The belongings of someone who has died of suspected or confirmed COVID-19 outside their home (for example, in a hospital setting) may be returned to family members along with instructions for cleaning and disinfection. Depending on local rules and regulations, family members may retrieve these belongings at the funeral home or the healthcare facility.

Family members should use gloves and practice good hand hygiene when handling these items. Depending on the belongings received, family members should also follow the household item-specific cleaning and disinfection guidelines for personal items, such as electronics.
General Public Questions

1) Can I have COVID-19 and not know it?

Using the CDC-developed diagnostic test, a negative result means that the virus that causes COVID-19 was not found in the person’s sample. In the early stages of infection, it is possible the virus will not be detected.

For COVID-19, a negative test result for a sample collected while a person has symptoms likely means that the COVID-19 virus is not causing their current illness.

2) Should I get screened if I’m asymptomatic but think I may have been exposed to COVID-19?

Testing is not generally recommended if you have no symptoms. However, persons without symptoms who are prioritized by their health departments or clinician, for any reason, including but not limited to: public health monitoring, sentinel surveillance, or screening of other asymptomatic individuals according to state and local plans, may be referred for testing.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as more is learned about COVID-19.

A person must meet certain criteria prior to testing for COVID-19. If you do qualify, medical providers need time to prepare so they can safely collect the required swabs and samples and keep other patients safe from exposure. Talking to your medical provider will also help you understand what to expect during the testing process. It is important that you do not go to the emergency room with mild symptoms but instead contact your primary care provider. Emergency rooms need to be able to serve those with the most critical needs.

3) When will a medication for this virus be available?
General Public Questions

There are currently no antiviral drugs licensed by the U.S. Food and Drug Administration (FDA) to treat COVID-19. However, trials of other potential therapeutic medications for COVID-19 are being planned; when medications may be available is unknown at this time.

4) When will a vaccine for this virus be available?

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19) although there are ongoing efforts to develop vaccine.

5) Can I get the virus from air pockets in the packaging material in a package from China?

In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures. Coronaviruses are generally thought to be spread most often by respiratory droplets. Currently there is no evidence to support transmission of COVID-19 associated with imported goods and there have not been any cases of COVID-19 in the United States associated with imported goods.

6) Can I get the virus from eating at a Chinese/Italian/Japanese restaurant?

It is important to remember that people – including those of foreign descent – who do not live in or have not recently been in an area of ongoing spread of the virus that causes COVID-19, or have not been in contact with a person who is a confirmed or suspected case of COVID-19 are not at greater risk of spreading COVID-19 than other Americans.

The best way to protect yourself is to follow these precautions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC’s recommendation for using a facemask:
  - You could spread COVID-19 to others even if you do not feel sick.
  - CDC recommends that people wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
  - The cloth face cover is meant to protect other people in case you are infected.
  - Do NOT use a facemask meant for a healthcare worker.
  - Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
General Public Questions

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

7) How do I protect myself and my family from this virus?

The best way to protect yourself is to follow these precautions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC’s recommendation for using a facemask:
  - You could spread COVID-19 to others even if you do not feel sick.
  - CDC recommends that people wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
  - The cloth face cover is meant to protect other people in case you are infected.
  - Do NOT use a facemask meant for a healthcare worker.
  - Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

8) Is it okay for me to donate blood?

In healthcare settings all across the United States, donated blood is a lifesaving, essential part of caring for patients. The need for donated blood is constant, and blood centers are open and in urgent need of donations. CDC encourages people who are well to continue to donate blood if they are able, even if they are practicing social distancing because of COVID-19. CDC is supporting blood centers by providing recommendations that will keep donors and staff safe. Examples of these recommendations include spacing donor chairs 6 feet apart, thoroughly adhering to environmental cleaning practices, and encouraging donors to make donation appointments ahead of time.

9) How can I differentiate between the common cold, flu, allergies, and COVID-19?
10) How can I check to see if I have symptoms of the coronavirus (COVID_19)?

CDC has developed an online COVID-19 Symptom Self-Checker that you can use to check for symptoms. The Self-Checker is available on the Symptoms and Testing page on the CDC’s COVID-19 website which is at the following address:


Another option is a tool developed through a partnership between the White House Coronavirus Task Force, the Department of Health and Human Services, and the Centers for Disease Control and Prevention (CDC) and Apple that guides people through a series of questions about their health and exposure to determine if they should seek care for COVID-19 symptoms. This tool is available at: https://www.apple.com/covid19

11) Where can I get data on the number of cases of COVID-19 in Missouri?

Please visit the DHSS website at health.mo.gov and click on COVID-19 or follow this link: https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/

12) Where can people who don’t have a doctor or health insurance go if they have symptoms and want to see about getting tested?

Individuals without insurance or a provider can be referred to the Federally Qualified Health Center (FQHC) in their area. A directory of FQHC’s is available here:

https://www.mo-pca.org/member-locations

13) Who can I call with questions about unemployment and if I qualify for benefits?
General Public Questions

Contact the Missouri Department of Labor and Industrial Relations at: 800-320-2519; or by email at: esuiclaims@labor.mo.gov with name, phone number, last four digits of social security number and question/issue for a call back regarding unemployment, or visit their website at: https://labor.mo.gov/coronavirus

14) Who can I call with questions or concerns about worker safety?

Contact the Missouri Department of Labor and Industrial Relations at: 573-751-3403

15) Who can I call with questions or concerns about COVID-19 in meat processing/packing plants in Missouri?

Any questions regarding meat processing/packing plants should be sent to the Missouri Department of Agriculture at aginfo@mda.mo.gov and the local public health agency for the jurisdiction in which the plant is located.
1) Who is at risk for COVID-19?

Currently, those at greatest risk of infection are persons who have had prolonged, unprotected close contact (i.e., within 6 feet for 15 minutes or longer) with a patient with confirmed SARS-CoV-2 infection, regardless of whether the patient has symptoms. Persons frequently in congregate settings (e.g., homeless shelters, assisted living facilities, college or university dormitories) are at increased risk of acquiring infection because of the increased likelihood of close contact. Those who live in or have recently been to areas with sustained transmission may also be at higher risk of infection. All persons can reduce the risk to themselves and others by wearing a mask, practicing physical distancing, washing their hands often, and taking other prevention measures.

2) Who is at risk for severe disease from COVID-19?

COVID-19 is a new disease, and CDC is learning more about it and how it affects people every day. Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe, or they may even die. People of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19.

Based on what we know at this time, pregnant people might be at an increased risk for severe illness from COVID-19 compared to non-pregnant people. Additionally, there may be an increased risk of adverse pregnancy outcomes, such as preterm birth, among people who get sick with COVID-19 during pregnancy.

See also Interim Clinical Guidance for Management of Patients with Confirmed Coronavirus Disease 2019 (COVID-19) and Information for Healthcare Professionals: COVID-19 and Underlying Conditions.

3) If my patient has one of the underlying medical conditions listed, what is my patient’s risk of acquiring or having severe illness from COVID-19, and what should I tell my patient?

There is insufficient information on COVID-19 to determine risk for each underlying medical condition. CDC is analyzing data continuously and provides updates as soon as new information is available.

- You know your patient’s overall health and how well their conditions are managed. Use your clinical judgement to evaluate each patient’s level of risk. Help patients manage their underlying conditions to the best of their ability, encouraging them to take medicines as prescribed and ensuring that patients have sufficient medication and supplies. For example, you may prescribe 3-month supplies of medications to ensure they have access to sufficient medications.
- Explain to all patients which symptoms of their chronic conditions require emergency care or in-person visits. Stress the importance of obtaining emergency care if needed.
• Reassure your patients who require emergency care that emergency departments have infection prevention plans to protect them from acquiring COVID-19 in the ED.
• Tell patients with underlying medical conditions that increase their risk of severe illness or poorer outcomes from COVID-19:
  o To stay home as much as possible to reduce their risk of being exposed.
  o Closely follow their care plans for management of their chronic disease, including, for example, achieving better glycemic or blood pressure control.
  o Seek emergency care for acute exacerbations of their underlying medical conditions or any health condition that requires immediate attention.
• Encourage all patients, regardless of risk, to:
  o Take steps to protect yourself.
  o Call your healthcare provider if you are sick with a fever, cough, or shortness of breath.
• Follow CDC travel guidelines and the recommendations of your state and local health officials.
• Fear and anxiety about a disease can feel overwhelming, especially for those with underlying risk factors, those in close contact with infected patients, and those with sources of stress outside the workplace. Follow guidance on ways to take care of yourself and encourage your patients to do the same.

4) When is someone infectious?

The onset and duration of viral shedding and period of infectiousness for COVID-19 are not yet known with certainty. Based on current evidence, scientists believe that persons with mild to moderate COVID-19 may shed replication-competent SARS-CoV-2 for up to 10 days following symptom onset, while a small fraction of persons with severe COVID-19, including immunocompromised persons, may shed replication-competent virus for up to 20 days. It is possible that SARS-CoV-2 RNA may be detectable in the upper or lower respiratory tract for weeks after illness onset, similar to infection with MERS-CoV and SARS-CoV. However, detection of viral RNA does not necessarily mean that infectious virus is present. Based on existing literature, the incubation period (the time from exposure to development of symptoms) of SARS-CoV-2 and other coronaviruses (e.g. MERS-CoV, SARS-CoV) ranges from 2–14 days.

5) Which body fluids can spread infections?

SARS-CoV-2 RNA has been detected in upper and lower respiratory tract specimens, and SARS-CoV-2 virus has been isolated from upper respiratory tract specimens and bronchoalveolar lavage fluid. SARS-CoV-2 RNA has been detected in blood and stool specimens, and SARS-CoV-2 virus has been isolated in cell culture from the stool of some patients, including a patient with pneumonia 15 days after symptom onset. The duration of SARS-CoV-2 RNA detection in upper and lower respiratory tract specimens and in extrapulmonary specimens is not yet known but may be several weeks or longer. Duration of several weeks or longer has been observed in cases of MERS-CoV or SARS-CoV infection. While viable, infectious SARS-CoV has been isolated from respiratory, blood, urine, and stool specimens, viable, infectious MERS-CoV has only been isolated from respiratory tract...
specimens. It is not yet known whether other non-respiratory body fluids from an infected person including vomit, urine, breast milk, or semen can contain viable, infectious SARS-CoV-2.

6) Can people who recover from COVID-19 be infected again?

The immune response, including duration of immunity, to SARS-CoV-2 infection is not yet understood. Patients infected with other betacoronaviruses (MERS-CoV, HCoV-OC43), the genus to which SARS-CoV-2 belongs, are unlikely to be re-infected shortly (e.g., 3 months or more) after they recover. However, more information is needed to know whether similar immune protection will be observed for patients with COVID-19.

7) How do you test a patient for infection with SARS-CoV-2?

- Clinicians are able to access laboratory testing through state and local public health laboratories, as well as commercial and clinical laboratories across the country. The Association of Public Health Laboratories provides a list of states and territories with laboratories that are using COVID-19 diagnostic tests. For more information, see Testing in U.S. Clinicians should direct testing questions to their state health departments. Commercial reference laboratories are also able to offer a larger volume of testing for SARS-CoV-2.
- CDC has guidance for who should be tested, but decisions about testing are at the discretion of state and local health departments and/or individual clinicians.
- Healthcare providers should report positive results to their local/state health department CDC does not directly collect these data.
- See recommendations for prioritization of testing, and instructions for specimen collection at Evaluating and Testing Persons for COVID-19.

8) Do existing commercially available multiple respiratory virus panels, such as those manufactured by Biofire or Genmark, detect SARS-CoV-2?

Yes. There are commercially developed respiratory panels with multi-pathogen molecular assays that can detect respiratory pathogens, including SARS-CoV-2, influenza and other human coronaviruses that can cause acute respiratory illness. The U.S. Food and Drug Administration (FDA) has a list of diagnostic tests with Emergency Use Authorization (EUA) and of tests being offered without, or prior to, EUA.

9) If a patient tests positive for another respiratory virus, should that exclude SARS-CoV-2 as a cause of illness?

Patients can be infected with more than one virus at the same time. Coinfections with other respiratory viruses in people with COVID-19 have been reported. Therefore, identifying infection with one respiratory virus does not exclude SARS-CoV-2 virus infection.

10) Should chest CT be used for diagnosis of COVID-19?

Clinicians considering use of chest CT scans for diagnosis or management of COVID-19 patients should consider whether such imaging will change clinical management. The American College
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of Radiology (ACR) recommends that CT should not be used to screen for COVID-19, or as a first-line test to diagnose COVID-19, and that CT should be used sparingly and reserved for hospitalized, symptomatic patients with specific clinical indications for CT. Appropriate infection control procedures should be followed before scanning subsequent patients. For more information see, ACR Recommendations for the use of Chest Radiography and Computed Tomography (CT) for Suspected COVID-19 Infection

11) How is COVID-19 treated?

Not all patients with COVID-19 will require medical supportive care. Clinical management for hospitalized patients with COVID-19 is focused on supportive care for complications, including supplemental oxygen and advanced organ support for respiratory failure, septic shock, and multi-organ failure. Empiric testing and treatment for other viral or bacterial etiologies may be warranted.

The National Institutes of Health recently published guidelines on prophylaxis use for COVID-19 and testing and management of COVID-19 patients. For more information, please visit: National Institutes of Health: Coronavirus Disease 2019 (COVID-19) Treatment Guidelines.

For information on investigational therapies, see Therapeutic Options for Patients with COVID-19.

12) Should post-exposure prophylaxis be used for people who may have been exposed to COVID-19?

There is currently no FDA-approved post-exposure prophylaxis for people who may have been exposed to COVID-19. For information about registered clinical trials of investigational therapeutics for pre or post exposure prophylaxis of SARS-CoV-2 infection, visit ClinicalTrials.gov


The National Institutes of Health recently published guidelines on prophylaxis use, testing, and management of COVID-19 patients. For more information, please visit: National Institutes of Health: Coronavirus Disease 2019 (COVID-19) Treatment Guidelines.

13) Whom should healthcare providers notify if they suspect a patient has COVID-19?

Healthcare providers should immediately notify infection control personnel at their facility if they suspect COVID-19 in a patient. If a patient tests positive, providers should immediately report that positive result to the Missouri Department of Health and Senior Services.
14) Do patients with confirmed or suspected COVID-19 need to be admitted to the hospital?

Not all patients with COVID-19 require hospital admission. Patients whose clinical presentation warrants in-patient clinical management for supportive medical care should be admitted to the hospital under appropriate isolation precautions.

Some patients with an initial mild clinical presentation may worsen in the second week of illness. The decision to monitor these patients in the inpatient or outpatient setting should be made on a case-by-case basis. This decision will depend not only on the clinical presentation, but also on the patient’s ability to engage in self-monitoring, the ability for safe isolation at home, and the risk of transmission in the patient’s home environment. For more information, see Interim Infection Prevention and Control Recommendations for Patients with Known or Patients Under Investigation for Coronavirus Disease 2019 (COVID-19) in a Healthcare Setting and Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for Coronavirus Disease 2019 (COVID-19).

15) When can patients with confirmed COVID-19 be discharged from the hospital?

Patients can be discharged from the healthcare facility whenever clinically indicated. Meeting criteria for discontinuation of Transmission-Based Precautions is not a prerequisite for discharge from a healthcare facility. Isolation should be maintained at home if the patient returns home before the time period recommended for discontinuation of hospital Transmission-Based Precautions described below.

Decisions to discontinue Transmission-Based Precautions or in-home isolations should be made according to the following guidance:

- For hospitalized persons, see Discontinuation of Transmission-Based Precautions and Disposition of Patients with SARS-CoV-2 Infection in Healthcare Settings.
- For non-hospitalized persons, see Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for COVID-19 and Discontinuation of Isolation for Persons with COVID-19 Not in Healthcare Settings.

16) Are pregnant healthcare personnel at increased risk for adverse outcomes if they care for patients with COVID-19?

Pregnant healthcare personnel (HCP) should follow risk assessment and infection control guidelines for HCP exposed to patients with suspected or confirmed COVID-19. Adherence to recommended infection prevention and control practices is an important part of protecting all HCP in healthcare settings. Based on what we know at this time, pregnant people might be at an increased risk for severe illness from COVID-19 compared to non-pregnant people. Additionally, there may be an increased risk of adverse pregnancy outcomes, such as preterm birth, among pregnant people with COVID-19. Facilities may want to consider limiting exposure of pregnant HCP to patients with confirmed or suspected COVID-19, especially during
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higher risk procedures (e.g., aerosol-generating procedures) if feasible based on staffing availability.

17) Is there any guidance on the use of homemade masks?

In settings where facemasks are not available, HCP might use homemade masks (e.g., bandana, scarf) for care of patients with COVID-19 as a last resort. However, homemade masks are not considered PPE, since their capability to protect HCP is unknown. Caution should be exercised when considering this option. Homemade masks should ideally be used in combination with a face shield that covers the entire front (that extends to the chin or below) and sides of the face.

18) Are empiric antibiotics recommended for patients suspected of having COVID-19?

Several patients with COVID-19 have been reported to present with concurrent community-acquired bacterial pneumonia. Decisions to administer antibiotics to COVID-19 patients should be based on the likelihood of bacterial infection (community-acquired or hospital-acquired), illness severity, and antimicrobial stewardship issues. For more information, see Diagnosis and Treatment of Adults with Community-acquired Pneumonia: An Official Clinical Practice Guideline of the American Thoracic Society and Infectious Diseases Society of America.

19) What antiviral drugs are available to treat COVID-19?

There are currently no antiviral drugs approved by FDA to treat COVID-19. See Interim Clinical Guidance for Management of Patients with Confirmed Coronavirus Disease 2019 (COVID-19).

- For information on use of investigational drugs for treatment of patients with COVID-19, see Therapeutic Options for Patients with COVID-19.
- For information on specific clinical trials underway for treatment of patients with COVID-19 infection, visit clinicaltrials.govexternal icon.

20) Should angiotensin converting enzyme inhibitors (ACE-I) or Angiotensin Receptor Blockers (ARB) be stopped in patients with COVID-19?

No. The American Heart Association, the Heart Failure Society of America, and the American College of Cardiology recommend continuing ACE-I or ARB medications for all patients already prescribed those medications for indications such as heart failure, hypertension, or ischemic heart disease. At this time, available evidence demonstrates no indication of COVID-specific harm from these agents. Several randomized controlled trials are under way to better answer this important clinical question. Cardiovascular disease patients diagnosed with COVID-19 should be fully evaluated by a healthcare professional before adding or removing any treatments, and any changes to their treatment should be based on the latest scientific evidence. Patients who rely on ACE-Is or ARBs to treat chronic conditions and have additional questions should speak to their healthcare provider for individualized management.

21) Do nonsteroidal anti-inflammatory drugs (NSAIDs) worsen the course of disease for people with COVID-19?
CDC is currently not aware of scientific evidence establishing a link between NSAIDs (e.g., ibuprofen, naproxen) and worsening of COVID-19. FDA, the European Medicines Agency, the World Health Organization, and CDC are continuing to monitor the situation and will review new information on the effects of NSAIDs and COVID-19 disease as it becomes available. For those who wish to use treatment options other than NSAIDs, there are other over-the-counter and prescription medications approved for pain relief and fever reduction. Patients who rely on NSAIDs to treat chronic conditions and have additional questions should speak to their healthcare provider for individualized management. Patients should use NSAIDs, and all medications, according to the product labels and advice of their healthcare professional.

22) Where should healthcare providers report deaths related to COVID-19?

Providers should call the Missouri Novel Coronavirus Information Hotline at 877-435-8411 to report deaths to the clinical hotline staff.

23) Are there work restrictions recommended for HCP with underlying health conditions who may care for COVID-19 patients? What about for pregnant HCP?

Adherence to recommended infection prevention and control practices is an important part of protecting HCP and patients in healthcare settings. All HCP who care for confirmed or suspected COVID-19 patients should adhere to standard and transmission based precautions.

To the extent feasible, healthcare facilities could consider prioritizing HCP who are not at higher risk of developing severe illness from COVID-19 or who are not pregnant to care for confirmed or suspected COVID-19 patients.

If staffing shortages make this challenging, facilities could consider restricting HCP at higher risk for severe illness from COVID-19 or who are pregnant from being present for higher risk procedures (e.g., aerosol-generating procedures) on COVID-19 patients. Find more information for facilities on mitigating HCP staffing shortages.

HCP who are concerned about their individual risk for severe illness from COVID-19 due to underlying medical conditions while caring for COVID-19 patients can discuss their concerns with their supervisor or occupational health services.

People 65 years and older and people of all ages with serious underlying health conditions — like serious heart conditions, chronic lung disease, and diabetes — seem to be at higher risk of developing severe illness from COVID-19.

Based on what is known at this time, pregnant people might be at an increased risk for severe illness from COVID-19 compared to non-pregnant people. Additionally, there may be an increased risk of adverse pregnancy outcomes, such as preterm birth, among pregnant people with COVID-19.

24) I am a HCP living with someone who is at higher risk of severe illness from COVID-19. What precautions should I take?
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Take the same precautions recommended for people at higher risk of severe illness from COVID-19. There are no additional precautions for HCP. Some HCP may choose to implement extra measures when arriving home from providing healthcare, such as removing any clothing worn during delivery of healthcare, taking off shoes, washing clothing, and immediately showering. However, these are optional personal practices because there is insufficient evidence on whether they are effective.

25) What is multisystem inflammatory syndrome in children (MIS-C) and who is at risk?

CDC is investigating reports of multisystem inflammatory syndrome in children (MIS-C) associated with COVID-19. Children and adolescents with MIS-C have presented with a persistent fever and a variety of signs and symptoms including multi-organ (e.g., cardiac, gastrointestinal, renal, hematologic, dermatologic, neurologic) involvement and elevated inflammatory markers. CDC is collaborating with domestic and international partners to better understand this new syndrome, including how common it is and its risk factors, and to begin tracking cases. For more information, including a full case definition, visit MIS-C Information for Healthcare Providers.

26) How do you diagnose and report a potential case of multisystem inflammatory syndrome in children (MIS-C)?

Patients with MIS-C have presented with a persistent fever and a variety of signs and symptoms including multiorgan (e.g., cardiac, gastrointestinal, renal, hematologic, dermatologic, neurologic) involvement and elevated inflammatory markers. Not all children will have the same symptoms. For children who may have MIS-C, further evaluation for signs of this syndrome may include (but are not limited to) chest radiograph, echocardiography, and blood testing to evaluate for evidence of inflammation.

Healthcare providers who have cared or are caring for patients younger than 21 years of age meeting MIS-C criteria should report suspected cases to their local, state, or territorial health department. After hour phone numbers for health departments are available at the Council of State and Territorial Epidemiologists website. For additional reporting questions, please contact CDC’s 24-hour Emergency Operations Center at 770-488-7100. For more information, including a full case definition, please visit MIS-C Information for Healthcare Providers.

27) If I have patients with asthma, do I need to make any changes to their daily asthma preventive management regimens to reduce their risk of getting sick with COVID-19?

People with moderate to severe asthma might be at higher risk of getting very sick from COVID-19.

Based on what we currently know about COVID-19, the selection of therapeutic options through guideline-recommended treatment of asthma has not been affected. Continuation of inhaled corticosteroids is particularly important for patients already using these medications because there is no evidence of increased risk of COVID-19 morbidity with use of inhaled corticosteroids.
and an abundance of data showing reduced risk of asthma exacerbation with maintenance of asthma controller therapy.

Patients with asthma but without symptoms or a diagnosis of COVID-19 should continue any required nebulizer treatments.

28) Are patients with hypertension at higher risk for severe illness from COVID-19?

Many patients with severe illness from COVID-19 have underlying hypertension. Hypertension is common in the United States. Hypertension is more frequent with advancing age and among non-Hispanic blacks and people with other underlying medical conditions such as obesity and diabetes. At this time, people whose only underlying medical condition is hypertension might be at increased risk for severe illness from COVID-19.
How COVID-19 Spreads

1) How does the COVID-19 virus spread?
The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in many affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Learn what is known about the spread of newly emerged coronaviruses.

2) Can someone who has had COVID-19 spread the illness to others?
The virus that causes COVID-19 is spreading from person-to-person. People are thought to be most contagious when they are symptomatic (the sickest). That is why CDC recommends that these patients be isolated either in the hospital or at home (depending on how sick they are) until they are better and no longer pose a risk of infecting others. More recently the virus has also been detected in asymptomatic persons.

How long someone is actively sick can vary so the decision on when to release someone from isolation is made using a test-based or non-test-based strategy (i.e. time since illness started and time since recovery) in consultation with state and local public health officials. The decision involves considering the specifics of each situation, including disease severity, illness signs and symptoms, and the results of laboratory testing for that patient.

Learn more about CDC’s guidance on when to release someone from isolation and discharge hospitalized patients with COVID-19. For information on when someone who has been sick with COVID-19 is able to stop home isolation see Interim Guidance for Discontinuation of In-Home Isolation for Patients with COVID-19.

Someone who has been released from isolation is not considered to pose a risk of infection to others.

3) Can someone who has been quarantined for COVID-19 spread the illness to others?
Quarantine means separating a person or group of people who have been exposed to a contagious disease but have not developed illness (symptoms) from others who have not been exposed, in order to prevent the possible spread of that disease. Quarantine is usually established for the incubation period of the communicable disease, which is the span of time during which people have developed illness after exposure. For COVID-19, the period of quarantine is 14 days from the last date of exposure because the incubation period for this virus is 2 to 14 days. Someone who has been released from COVID-19 quarantine is not considered a risk for spreading the virus to others because they have not developed illness during the incubation period.

4) Will warm weather stop the outbreak of COVID-19?
How COVID-19 Spreads

It is not yet known whether weather and temperature impact the spread of COVID-19. Some other viruses, like the common cold and flu, spread more during cold weather months but that does not mean it is impossible to become sick with these viruses during other months. There is much more to learn about the transmissibility, severity, and other features associated with COVID-19 and investigations are ongoing.

5) What is community spread?
Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

6) Is the situation with COVID-19 a pandemic?
Yes. The World Health Organization (WHO) declared the current COVID-19 outbreak to be a pandemic on March 11, 2020. The last pandemic was the H1NI Influenza Pandemic in 2009.

7) What is a pandemic?
A pandemic is a global disease outbreak. A pandemic occurs when a new virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in a very short time. In all previous pandemics, the outbreak spread throughout the world within a year of its initial detection. Pandemics can be either mild or severe in the illness and death they cause, and the severity of a pandemic can change over the course of that pandemic.

8) Have there been any studies on the transmission and control of COVID-19?
One such article can be found at: https://www.thelancet.com/action/showPdf?pii=S1473-3099%2820%2930144-4

9) Can I get COVID-19 from food (including restaurant take-out, produce, refrigerated, or packaged food) or drinking water?

Currently there is no evidence that people can get COVID-19 by eating or handling food.

It may be possible that people can get COVID-19 by touching a surface or object, such as a food package or dining ware that has the virus on it and then touching their own mouth, nose, or possibly their eyes. However, this is not thought to be the main way the virus spreads.

There is also no current evidence that people can get COVID-19 by drinking water. The COVID-19 virus has not been detected in drinking water. Conventional water treatment methods that use filtration and disinfection, such as those in most municipal drinking water systems, should remove or kill the virus that causes COVID-19.

10) What temperature kills the virus that causes COVID-19?
Generally coronaviruses survive for shorter periods of time at higher temperatures and higher humidity than in cooler or dryer environments. However, we don’t have direct data for this virus, nor do we have direct data for a temperature-based cutoff for inactivation at this point. The
necessary temperature would also be based on the materials of the surface, the environment, etc. Regardless of temperature please follow CDC’s guidance for cleaning and disinfection.

11) Why are we seeing a rise in cases?
The number of cases of COVID-19 being reported in the United States is rising due to increased laboratory testing and reporting across the country. The growing number of cases in part reflects the rapid spread of COVID-19 as many U.S. states and territories experience community spread. More detailed and accurate data will allow us to better understand and track the size and scope of the outbreak and strengthen prevention and response efforts.

12) Can mosquitoes or ticks spread the virus that causes COVID-19?
At this time, CDC has no data to suggest that this new coronavirus or other similar coronaviruses are spread by mosquitoes or ticks. The main way that COVID-19 spreads is from person to person. See How Coronavirus Spreads for more information.

13) How long do coronaviruses live on surfaces?
Please see the chart below:
14) If I have recovered from COVID-19, will I be immune to it?

CDC and partners are investigating to determine if you can get sick with COVID-19 more than once. At this time, we are not sure if you can become re-infected. Until we know more, continue to take steps to protect yourself and others.

How To Protect Yourself

1) Am I at risk for being exposed to COVID-19?

The risk posed by COVID-19 depends on characteristics of the virus, including how easily it spreads between people; the severity of resulting illness; and the medical or other measures available to control the impact of the virus (for example, vaccines or medications that can treat the illness) and the relative success of these. Because there are not yet vaccines or treatments for COVID-19, nonpharmaceutical interventions become the most important response strategy. These are community interventions that can help reduce the impact of disease, like social distancing and good hand hygiene.

When considering the risk that COVID-19 poses to Americans, it’s helpful to break down this risk into two types: risk of exposure and risk of serious illness and death.

Risk of exposure

- Cases of COVID-19 and instances of community spread are being reported in all states.
- People in places where ongoing community spread of the virus that causes COVID-19 has been reported are at elevated risk of exposure, with the level of their risk depending on their location.
- Healthcare workers caring for patients with COVID-19 are at elevated risk of exposure.
- Close contacts of persons with COVID-19 also are at elevated risk of exposure.
- Travelers returning from affected international locations where community spread is occurring also are at elevated risk of exposure, with their level of risk depending on where they traveled.

Risk of severe illness

Based on what we know now, persons at higher risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility
- People of all ages with serious underlying medical conditions

CDC has developed guidance to help individuals and healthcare providers assess the risk and manage illness among people with potential community-related exposures to COVID-19.

2) How many cases have reported in the United States?

COVID-19 case counts for the United States are updated regularly online. See the current U.S. case count of COVID-19.

3) How can I help protect myself?

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person:
How To Protect Yourself

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It’s especially important to wash:
  - Before eating or preparing food
  - Before touching your face
  - After using the restroom
  - After leaving a public place
  - After blowing your nose, coughing, or sneezing
  - After handling your mask
  - After changing a diaper
  - After caring for someone sick
  - After touching animals or pets

- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Inside your home:** Avoid close contact with people who are sick.
  - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don’t live in your household.
  - Remember that some people without symptoms may be able to spread virus.
  - **Stay at least 6 feet (about 2 arms’ length) from other people.**
  - Keeping distance from others is especially important for **people who are at higher risk of getting very sick.**

Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
How To Protect Yourself

- Everyone should wear a mask in public settings and when around people who don’t live in your household, especially when other social distancing measures are difficult to maintain.
  - Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Do NOT use a facemask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

A video demonstrating how to make a face cover at home is available at:

- [https://youtu.be/tPx1yqvJgf4](https://youtu.be/tPx1yqvJgf4)

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
  - **Then, use a household disinfectant.** Most common [EPA-registered household disinfectants](https://www.epa.gov/disinfectants) will work.

Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
  - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- **Take your temperature** if symptoms develop.
  - Don’t take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
4) What should I do if I had close contact with someone who has COVID-19?

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Take your temperature and follow CDC guidance if you have symptoms.

5) Does CDC recommend the use of facemask or face coverings to prevent COVID-19?

Wear cloth face coverings in public settings when around people not living in your household and particularly where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, and gas stations. Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That’s why it’s important for everyone to practice social distancing (staying at least 6 feet away from other people) and wear cloth face coverings in public settings. Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

More information about cloth face coverings can be found on our cloth face coverings site.

- How to Wear
- How to Wash
- How to Make

A video demonstrating how to make a face cover at home is available at: https://youtu.be/tPx1yqvJgf4

6) Should I wear a respirator in public?

CDC does not recommend the routine use of respirators outside of workplace settings (in the community). Most often, spread of respiratory viruses from person-to-person happens among close contacts (within 6 feet). CDC recommends everyday preventive actions to prevent the spread of respiratory viruses, such as avoiding people who are sick, avoiding touching your eyes or nose, and covering your cough or sneeze with a tissue. People who are sick should stay home and not go into crowded public places or visit people in hospitals. Workers who are sick should follow CDC guidelines and stay home when they are sick.

7) Am I at risk for COVID-19 from mail, packages or products?

There is still a lot that is unknown about COVID-19 and how it spreads. Coronaviruses are thought to be spread most often by respiratory droplets. Although the virus can survive for a
short period on some surfaces, it is unlikely to be spread from domestic or international mail, products or packaging. However, it may be possible that people 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 more about safe handling of deliveries and mail.

8) How do self-quarantine and isolation work?

- You may be asked to be in self-quarantine whether you have symptoms of illness or not. If you have symptoms, you should distance yourself from all social activities and others in order to prevent the spread of any virus. You may also be asked to self-quarantine if you have been exposed to someone else who may be infected.
- Self-quarantine is for people who have been exposed but do not have symptoms, they are asked to stay away from others in public settings. For 14 days from their last possible exposure, people in self-quarantine cannot go to work, school, or any public places where they could have close contact with others. Public health departments will direct them in how to monitor their health so that should they develop symptoms, they can be quickly and safely isolated from all others, including those in their household, and be connected to testing and care as needed. Public health staff will remain in contact with you, if needed.
- For those who are showing symptoms and have contacted their doctor, isolation is the best course of action. Isolation is used for people who are currently ill, able to spread the disease, and need to stay away from others in order to avoid infecting them. Isolation may include from other family members as well in order to prevent the spread of the virus.
- The CDC provides guidance for how to prepare if someone is isolated or quarantined in your home. You can find that here: [https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

9) Should I use soap and water or a hand sanitizer to protect against COVID-19?

Handwashing is one of the best ways to protect yourself and your family from getting sick. 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. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

10) What cleaning products should I use to protect against COVID-19?

Clean and disinfect frequently touched surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them using detergent or soap and water prior to disinfection. To disinfect, most common EPA-registered household disinfectants will work. See CDC’s recommendations [for household cleaning and disinfection](https://www.cdc.gov/coronavirus/2019-ncov/prevent-disease/ffi-home-prevent-disease.html).

11) Should I make my own sanitizer if I can’t find it in stores?
How To Protect Yourself

CDC does not encourage the production and use of homemade hand sanitizer products because of concerns over the correct use of the ingredients and the need to work under sterile conditions to make the product. Local industries that are looking into producing hand sanitizer to fill in for commercial shortages can refer to the World Health Organization guidance. Organizations should revert to the use of commercially produced, FDA-approved product once such supplies again become available.

- To be effective against killing some types of germs, hand sanitizers need to have a strength of at least 60% alcohol and be used when hands are not visibly dirty or greasy.
- Do not rely on “Do It Yourself” or “DIY” recipes based solely on essential oils or formulated without correct compounding practices.
- Do not use hand sanitizer to disinfect frequently touched surfaces and objects. See CDC’s information for cleaning and sanitizing your home.

12) Should contact lens wearers take special precautions to prevent COVID-19?

- Currently there is no evidence to suggest contact lens wearers are more at risk for acquiring COVID-19 than eyeglass wearers.
- Contact lens wearers should continue to practice safe contact lens wear and care hygiene habits to help prevent against transmission of any contact lens-related infections, such as always washing hands with soap and water before handling lenses.
- People who are healthy can continue to wear and care for their contact lenses as prescribed by their eye care professional.

Find more information about how coronavirus spreads and how to protect yourself.

Visit CDC’s contact lens website for more information on healthy contact lens wear and care.

13) Is contact lens disinfecting solution effective against COVID-19?

- Hydrogen peroxide-based systems for cleaning, disinfecting, and storing contact lenses should be effective against the virus that causes COVID-19.
  - For other disinfection methods, such as multipurpose solution and ultrasonic cleaners, there is currently not enough scientific evidence to determine efficacy against the virus.
- Always use solution to disinfect your contact lenses and case to kill germs that may be present.
- Handle your lenses over a surface that has been cleaned and disinfected.

14) Are there any medications I should avoid taking if I have COVID-19?

Currently, there is no evidence to show that taking ibuprofen or naproxen can lead to a more severe infection of COVID-19.
How To Protect Yourself

People with high blood pressure should take their blood pressure medications, as directed, and work with their healthcare provider to make sure that their blood pressure is as well controlled as possible. Any changes to your medications should only be made by your healthcare provider.

15) Is it safe to get care for my other medical conditions during this time?

- **It is important to continue taking care of your health and wellness.**
- **Continue your medications,** and do not change your treatment plan without talking to your healthcare provider.
- **Continue to manage your disease** the way your healthcare provider has told you.
- **Have at least a 2-week supply** of all prescription and non-prescription medications.
- **Talk to your healthcare provider about whether your vaccinations are up-to-date.**
- **Call your healthcare provider**
  - **if you have any concerns** about your medical conditions, or if you get sick.
  - **to find out about different ways you can connect with your healthcare provider for chronic disease management or other conditions**
- **Do not delay getting emergency care for your health problems or any health condition that requires immediate attention.**
  - If you need emergency help, call 911.
  - Emergency departments have infection prevention plans to protect you from getting COVID-19 if you need care for your medical condition.
- **Continue** to practice everyday prevention. Wash your hands often, avoid close contact, wear a cloth face covering, cover coughs and sneezes, and clean and disinfect frequently touched surfaces often.

Find more information about how coronavirus spreads and how to protect yourself.

Visit CDC’s contact lens website for more information on healthy contact lens wear and care.

Additional Information:  https://health.mo.gov/living/healthconidises/communicable/novel-coronavirus/
Laboratory Information

1) What is the latest information from the Missouri State Public Health Laboratory regarding screening and testing?

The Missouri State Public Health Laboratory conducts COVID-19 testing by utilizing the CDC 2019-Novel Coronavirus (2019-nCoV) Real-Time RT-PCR Diagnostic Panel testing method. Reagents and supplies for this test method are approved and allocated by the CDC. All COVID-19 testing at the Missouri State Public Health Laboratory (MSPHL) must be approved by applying an epidemiological evaluation to meet the current DHSS criteria for testing located at https://health.mo.gov/emergencies/ert/alerts advisories/index.php. For COVID-19 testing approval, please contact the state COVID-19 Hotline at 877-435-8411. DHSS utilizes the MSPHL for testing screened patients who meet DHSS criteria, but patients and their physicians have the option to use commercial testing if the case falls outside of state criteria. If submitting samples to commercial laboratories, please reserve collection kits supplied by the MSPHL for those epidemiologically approved samples submitted to the MSPHL.

2) How do I get a sample collection kit to submit an approved sample to test for COVID-19?

Sample collection kits for submitting approved specimens to the SPHL for testing are pre-positioned at local public health agencies in your area or supplies for kits may be available at your jurisdiction. Contact information for your local public health agency is available at: https://health.mo.gov/living/lpha/lphas.php

To determine if you have the necessary supplies to collect a sample for COVID-19 testing at the SPHL please see instructions at: https://health.mo.gov/lab/ncov.php

3) How do I properly collect an approved specimen for COVID-19 testing at the SPHL?

Information and a video to properly collect an approved sample to the SPHL for COVID-19 testing is available at: https://health.mo.gov/lab/ncov.php

4) What type of specimens are approved for testing?

Information about the types of specimens required to submit an approved sample to the SPHL for COVID-19 testing is available at: https://health.mo.gov/lab/ncov.php

5) Will bacterial transport media work to ship a sample instead of viral transport media?

No, bacterial transport media will not work. Specimen must be sent on viral transport media. Sample collection information is located at: https://health.mo.gov/lab/ncov.php

6) How do I fill out the laboratory forms to submit an approved specimen to the SPHL for COVID-19 testing?

In order to submit an approved sample to the SPHL for COVID-19 testing, appropriate forms must be completed entirely and accurately to ensure testing. Required forms are located at: https://health.mo.gov/lab/ncov.php

7) How do I properly package an approved specimen for COVID-19 testing at the SPHL?

August 28, 2020
Laboratory Information

Information and a video to properly package an approved specimen for COVID-19 testing at the SPHL is available at: https://health.mo.gov/lab/ncov.php

8) How do I properly ship an approved specimen for COVID-19 testing at the SPHL?

Information about properly shipping an approved specimen for COVID-19 testing at the SPHL is available at: https://health.mo.gov/lab/courierservices.php

9) What forms need to be included with every sample shipped to the SPHL for testing?

Both the Human Infection with 2019 Novel Coronavirus Person Under Investigation (PUI) and Case Report Form and Virology Test Request Form must be submitted with a sample.

Both forms are available at: https://health.mo.gov/lab/ncov.php

10) How do I use the SPHL courier system?

Information about the SPHL courier system with location and pick up times is located at: https://health.mo.gov/lab/courierservices.php

11) How do I determine SPHL courier pick up time?

Information about the SPHL courier system with location and pick up times is located at: https://health.mo.gov/lab/courierservices.php

12) How do I contact the SPHL?

The SPHL can be contacted for collection, packaging, shipping, and testing information at 573-751-3334 or 24/7 800-392-0272.

13) How do I find information about testing at the SPHL?

Information about COVID-19 testing at the SPHL is available at: https://health.mo.gov/lab/ncov.php

14) Do private laboratories provide testing for COVID-19?

As of March 9, commercial testing became available in Missouri through local providers. These providers’ tests do not require any screening criteria but are performed at the clinical discretion of the provider. Commercial tests will yield results in approximately three days, and widespread availability will occur shortly as testing sites and availability are increased.

15) What private laboratories are approved for testing?

Laboratories that are approved by an FDA emergency use authorization for COVID-19 testing is available at: https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization#2019-ncov
Laboratory Information

16) How do I submit a sample to a private laboratory?
   You need to contact the private laboratory and utilize their direction.

17) How do I order more sample collection kits from the SPHL?
   Sample collection kits are available to Missouri local public health agencies. If you are a Missouri local public health agency you can order a COVID-19 sample collection kit by calling 537-751-4830.

18) How do I store a sample collection kit for future use?
   Information about storing a pre-positioned COVID-19 sample collection kit for testing at the SPHL is available at: https://health.mo.gov/lab/ncov.php

19) How do I store a sample after it has been collected?
   Information about storing a sample collected for COVID-19 testing at the SPHL is available at: https://health.mo.gov/lab/ncov.php

20) How soon do I have to ship a sample?
   Information about storing a sample collected for COVID-19 testing at the SPHL is available at: https://health.mo.gov/lab/ncov.php

21) How long until I get a result?
   Information about result reporting of COVID-19 testing at the SPHL is available at: https://health.mo.gov/lab/ncov.php

22) How will we be notified of a laboratory result from the SPHL?
   All results for COVID-19 testing at the SPHL are available in real time 24/7 from the SPHL OpenELIS web portal. If you or your provider do not have access to the portal, you can contact the SPHL at 573-751-3334 to be evaluated for approval. Currently for positive results you will be contacted by state or local public health agency epidemiologists. There is no need to contact the SPHL to inquire about the status of your report.

23) I have missed the courier, what should I do to ship my approved sample to the SPHL for testing?
   The sample can be placed on the next available SPHL courier. Please see the courier lists (regular and Sunday) at https://health.mo.gov/lab/ncov.php or the sample can be self-couriered to the SPHL. If arriving after normal business hours you will need to contact Missouri Capitol Police at 573-522-2222 once you arrive to gain access to the building to drop off your sample.

24) I am at the laboratory with an after hour sample delivery that we self-couriered after business hours, what should I do?
Laboratory Information

Please call Missouri Capitol Police at 573-522-2222 once you arrive to gain access to the building to drop off your sample. The Capitol Police will direct you to the drop location in the building.

25) What is the address of the SPHL?

101 North Chestnut Street
Jefferson City, MO 65101

26) Where can I find information about the SPHL courier?

SPHL courier information is accessible at the laboratory COVID-19 testing page website at https://health.mo.gov/lab/ncov.php or from general website at https://health.mo.gov/lab/

27) Where can I find information about the SPHL weekend courier?

A listing of SPHL weekend courier services is available at https://health.mo.gov/lab/ncov.php

28) Do I need to freeze my sample before shipment?

No, only if not arriving at the SPHL within 72 hours of collection.

If arriving at the SPHL after 72 hours of collection, samples must be frozen and shipped with normal cold pack.

If using next day from collection regular SPHL courier, no need to freeze.

If collected Friday and missed Friday courier, please freeze and place on Sunday courier https://health.mo.gov/lab/ncov.php

If collected Saturday, please place as normal on Sunday courier.

29) Is there SPHL Saturday courier service?

Due to the increased need of courier services for the COVID-19 response, the Missouri State Public Health Laboratory will begin running the courier service on Saturdays beginning 03/21/2020. The Saturday courier route will be exactly the same route as our Sunday courier route which is located on our website (https://health.mo.gov/lab/pdf/sunday-courier-locations.pdf). The pickup times will be the same as the Sunday courier route. Please inform your staff of the availability of this weekend courier services.

30) What kind of sample do I collect for approved COVID-19 testing at the SPHL?

https://health.mo.gov/lab/ncov.php

31) Can I use my own collection supplies to submit an approved sample for COVID-19 testing at the SPHL?
Laboratory Information

Yes, please see sample collection information and a video at https://health.mo.gov/lab/ncov.php

32) Can I submit a sample for testing from someone who has died?
Yes, please contact the DHSS 24 hour hotline at 877-435-8411 to request testing approval. Also refer to information in Coroner and Medical Examiner section regarding who should be tested.

33) I am a county coroner, how do I make plans to respond and possibly collect a sample?
1) What should nursing facilities be doing to limit visitors?

Nursing facilities should limit or restrict visitation to their facilities due to the COVID-19 concern in order to protect the health and safety of their residents. Guidance from the CDC and CMS has been provided to nursing facilities and includes the following:

Facilities should *actively screen and restrict visitation by those who meet the following criteria*:

1. Signs or symptoms of a respiratory infection, such as fever, cough, shortness of breath, or sore throat.
2. In the last 14 days, has had contact with someone with a confirmed diagnosis of COVID-19, or under investigation for COVID-19, or are ill with respiratory illness.
3. International travel within the last 14 days to countries with sustained community transmission. For updated information on affected countries visit: https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html
4. Residing in a community where community-based spread of COVID-19 is occurring.

For those individuals that do not meet the above criteria, facilities can allow entry but may require visitors to use Personal Protective Equipment (PPE) such as facemasks (see expanded guidance below).

**Limiting visitors and individuals: Expanded recommendations:**

- **Restricting** means the individual should not be allowed in the facility at all, until they no longer meet the criteria above.
- **Limiting** means the individual should not be allowed to come into the facility, except for certain situations, such as end-of-life situations or when a visitor is essential for the resident’s emotional well-being and care.
- **Discouraging** means that the facility allows normal visitation practices (except for those individuals meeting the restricted criteria), however the facility advises individuals to defer visitation until further notice (through signage, calls, etc.).

1. Limiting or Discouraging visitation:
   a) **Limiting:** For facilities that are in counties, or counties adjacent to other counties where a COVID-19 case has occurred, we recommend *limiting* visitation (except in certain situations as indicated above). For example, a daughter who visits her mother every Monday, would cease these visits, and limit her visits to only those situations when her mom has a significant issue. Also, during the visit, the daughter would limit her contact with her mother and only meet with her in her room or a place the facility has specifically dedicated for visits.

   b) **Discouraging:** For all other facilities not in those counties referenced above, we recommend *discouraging* visitation (except in certain situations). See below for methods to discourage visitation. Also see CDC guidance to “stay at home”
2. Facilities should increase visible signage at entrances/exist, offer temperature checks, increase availability to hand sanitizer, offer PPE for individuals entering the facility (if supply allows). Also, provide instruction, before visitors enter the facility and residents’ rooms, on hand hygiene, limiting surfaces touched, and use of PPE according to current facility policy while in the resident’s room. Individuals with fevers, other symptoms of COVID-19, or unable to demonstrate proper use of infection control techniques should be restricted from entry. Signage should also include language to discourage visits, such as recommending visitors defer their visit for another time or for a certain situation as mentioned above.

3. In addition to the screening visitors for the criteria for restricting access (above), facilities should ask visitors if they took any recent trips (within the last 14 days) on cruise ships or participated in other settings where crowds are confined to a common location. If so, facilities should suggest deferring their visit to a later date. If the visitor’s entry is necessary, they should use PPE while onsite. If the facility does not have PPE, the facility should restrict the individual’s visit, and ask them to come back at a later date (e.g., after a 14 days with no symptoms of COVID-19).

4. In cases when visitation is allowable, facilities should instruct visitors to limit their movement within the facility to the resident’s room (e.g., reduce walking the halls, avoid going to dining room, etc.)

5. Facilities should review and revise how they interact with volunteers, vendors and receiving supplies, agency

2) What can family members do to support COVID-19 prevention in nursing facilities?

As the novel coronavirus 2019 (COVID-19) outbreak continues to evolve, it is important for long-term care consumers, family members, Ombudsman programs and other advocates to be informed and take precautions in order to prevent the spread.

According to the Centers for Disease Control and Prevention (CDC), the health risk of COVID-19 for the general public in the United States is low at this time. However, just as with influenza and other viral infections, older adults and some individuals with preexisting medical conditions are at an increased risk for more severe illness.

Please go to the following link for tips on how to protect yourself and loved ones:
https://theconsumervoice.org/issues/other-issues-and-resources/covid-19
Personal Protective Equipment (PPE) for Healthcare Settings

Gloves

1) **What type of glove is recommended to care for suspected or confirmed COVID-19 patients in healthcare settings?**
   - Nonsterile disposable patient examination gloves, which are used for routine patient care in healthcare settings, are appropriate for the care of patients with suspected or confirmed COVID-19.

2) **What standards should be considered when choosing gloves?**
   - Standard specifications for nitrile gloves, natural rubber gloves, and polychloroprene gloves indicate higher minimum tensile strength and elongation requirements compared to vinyl gloves.\(^1,2,3,4\)
   - The ASTM has developed standards for patient examination gloves. Length requirements for patient exam gloves must be a minimum of 220mm-230mm depending on glove size and material type.\(^1,2,3,4\)

3) **Is double gloving necessary when caring for suspected or confirmed COVID-19 patients in healthcare settings?**
   - CDC Guidance does not recommend double gloves when providing care to suspected or confirmed 2019-COVID patients.

4) **Are extended length gloves necessary when caring for suspected or confirmed COVID-19 patients in healthcare settings?**
   - According to CDC Guidance, extended length gloves are not necessary when providing care to suspected or confirmed COVID-19 patients. Extended length gloves can be used, but CDC is not specifically recommending them at this time.

5) **How do I put on (don) and take off (doff) my gloves?**
   - Check to see if your facility has guidance on how to don and doff PPE. The procedure to don and doff should be tailored to the specific type of PPE that you have available at your facility.
   - If your facility does not have specific guidance, the CDC has recommended sequences for donning and doffing of PPE.

It is important for HCP to perform hand hygiene after removing PPE. Hand hygiene should be performed by using an alcohol-based hand sanitizer that contains 60-95% alcohol or washing hands with soap and water for at least 20 seconds. If hands are visibly soiled, soap and water should be used before returning to alcohol-based hand sanitizer.

6) **Who should a hospital or healthcare provider contact for information on getting PPE?**
   - The hospital or healthcare provider should contact their healthcare coalition (HCC) points of contact (Coordinators) and describe the situation and resource need. Each of these agencies staffs an HCC Readiness and Response Coordinator (HCC Coordinator) position whose duties include coordinating resource requests. HCC contact emails:
     - [Mid-America Regional Council](mailto:kcrhcc@gmail.com)
     - [Missouri Hospital Association](mailto:nonurbanmohcc@mhanet.com)
     - [St. Louis Area Regional Response System](mailto:COVID-19@ewgateway.org)

August 28, 2020
1) What testing and standards should I consider when looking for CDC-recommended protective clothing?

- CDC’s guidance for *Considerations for Selecting Protective Clothing used in Healthcare for Protection against Microorganisms in Blood and Body Fluids* outlines the scientific evidence and information on national and international standards, test methods, and specifications for fluid-resistant and impermeable gowns and coveralls used in healthcare.
- Many organizations have published guidelines for the use of personal protective equipment (PPE) in medical settings. The American National Standards Institute (ANSI) and the Association of the Advancement of Medical Instrumentation (AAMI): [ANSI/AAMI PB70:2012](http://example.com) describes the liquid barrier performance and a classification of surgical and isolation gowns for use in health care facilities.
- As with any type of PPE, the key to proper selection and use of protective clothing is to understand the hazards and the risk of exposure. Some of the factors important to assessing the risk of exposure in health facilities include source, modes of transmission, pressures and types of contact, and duration and type of tasks to be performed by the user of the PPE. ([Technical Information Report (TIR) 11](http://example.com) [AAMI 2005]).
- For gowns, it is important to have sufficient overlap of the fabric so that it wraps around the body to cover the back (ensuring that if the wearer squats or sits down, the gown still protects the back area of the body).

2) What type of gown is recommended for patients with suspected or confirmed COVID-19?

- Nonsterile, disposable patient isolation gowns, which are used for routine patient care in healthcare settings, are appropriate for use by patients with suspected or confirmed COVID-19.

3) What types of gowns are available for healthcare personnel to protect from COVID-19?

- While the transmissibility of COVID-19 is not fully understood, gowns are available that protect against microorganisms. The choice of gown should be made based on the level of risk of contamination. Certain areas of surgical and isolation gowns are defined as “critical zones” where direct contact with blood, body fluids, and/or other potentially infectious materials is most likely to occur. ([ANSI/AAMI PB70](http://example.com) [AAMI 2005]).
- If there is a medium to high risk of contamination and need for a large critical zone, isolation gowns that claim moderate to high barrier protection ([ANSI/AAMI PB70 Level 3 or 4](http://example.com) [AAMI 2005]) can be used.
- For healthcare activities with low, medium, or high risk of contamination, surgical gowns ([ANSI/AAMI PB70 Levels 1-4](http://example.com) [AAMI 2005]) can be used. These gowns are intended to be worn by healthcare personnel during surgical procedures.
- If the risk of bodily fluid exposure is low or minimal, gowns that claim minimal or low levels of barrier protection ([ANSI/AAMI PB70 Level 1 or 2](http://example.com) [AAMI 2005]) can be used.
Personal Protective Equipment (PPE) for Healthcare Settings

Gowns

used. These gowns should not be worn during surgical or invasive procedures, or for medium to high risk contamination patient care activities.

4) What is the difference between gowns and coveralls?

- CDC’s guidance for Considerations for Selecting Protective Clothing used in Healthcare for Protection against Microorganisms in Blood and Body Fluids provides additional comparisons between gowns and coveralls.
- Gowns are easier to put on and, in particular, to take off. They are generally more familiar to healthcare workers and hence more likely to be used and removed correctly. These factors also facilitate training in their correct use.
- Coveralls typically provide 360-degree protection because they are designed to cover the whole body, including the back and lower legs, and sometimes the head and feet as well. Surgical/isolation gowns do not provide continuous whole-body protection (e.g., they have possible openings in the back, and typically provide coverage to the mid-calf only).
- The level of heat stress generated due to the added layer of clothing is also expected to be less for gowns when compared to coveralls due to several factors, such as the openings in the design of gowns and total area covered by the fabric.

5) How do I put on (don) and take off (doff) my gown?

- Check to see if your facility has guidance on how to don and doff PPE. The procedure to don and doff should be tailored to the specific type of PPE that you have available at your facility.
- If your facility does not have specific guidance, the CDC has recommended sequences for donning and doffing of PPE.
- It is important for Health Care Providers (HCP) to perform hand hygiene before and after removing PPE. Hand hygiene should be performed by using alcohol-based hand sanitizer that contains 60-95% alcohol or washing hands with soap and water for at least 20 seconds. If hands are visibly soiled, soap and water should be used before returning to alcohol-based hand sanitizer.

6) Is it acceptable for emergency medical services to wear coveralls as an alternative to gowns when COVID-19 is suspected in a patient needing emergency transport?

- Unlike patient care in the controlled environment of a healthcare facility, care and transport by EMS present unique challenges because of the nature of the setting. Coveralls are an acceptable alternative to gowns when caring for and transporting suspect COVID-19 patients. While no clinical studies have been done to compare gowns and coveralls, both have been used effectively by healthcare workers in clinical settings during patient care. CDC’s Considerations for Selecting Protective Clothing used in Healthcare for Protection against Microorganisms in Blood and Body Fluids guidance provides a comparison between gowns and coveralls, including test methods and performance requirements. Coveralls typically provide 360-degree protection because they are designed to cover the whole body, including the back and lower legs, and sometimes the head and feet as well. This added coverage may be necessary for some
Personal Protective Equipment (PPE) for Healthcare Settings

Gowns

work tasks involved in medical transport. However, coveralls may lead to increased heat stress compared to gowns due to the total area covered by the fabric. Training on how to properly remove (doff) a coverall is important to prevent self-contamination. Comparatively, gowns are easier to put on and, in particular, to take off.

7) Who should a hospital or healthcare provider contact for information on getting PPE?
The hospital or healthcare provider should contact their healthcare coalition (HCC) points of contact (Coordinators) and describe the situation and resource need. Each of these agencies staffs an HCC Readiness and Response Coordinator (HCC Coordinator) position whose duties include coordinating resource requests. HCC contact emails:

- ☐ Mid-America Regional Council ----------------------------- kcrhcc@gmail.com
- ☐ Missouri Hospital Association ----------------------------- nonurbanmohcc@mhanet.com
- ☐ St. Louis Area Regional Response System ---------------- COVID-19@ewgateway.org

Personal Protective Equipment (PPE) for Healthcare Settings
Respirators

1) What is the latest guidance from CDC on the use of facemasks and respirators for Healthcare Professionals?

Updated PPE recommendations for the care of patients with known or suspected COVID-19:

- Based on local and regional situational analysis of PPE supplies, facemasks are an acceptable alternative when the supply chain of respirators cannot meet the demand. During this time, available respirators should be prioritized for procedures that are likely to generate respiratory aerosols, which would pose the highest exposure risk to HCP.
  - Facemasks protect the wearer from splashes and sprays.
  - Respirators, which filter inspired air, offer respiratory protection.
- When the supply chain is restored, facilities with a respiratory protection program should return to use of respirators for patients with known or suspected COVID-19. Facilities that do not currently have a respiratory protection program, but care for patients infected with pathogens for which a respirator is recommended, should implement a respiratory protection program.
- Eye protection, gown, and gloves continue to be recommended.
  - If there are shortages of gowns, they should be prioritized for aerosol-generating procedures, care activities where splashes and sprays are anticipated, and high-contact patient care activities that provide opportunities for transfer of pathogens to the hands and clothing of HCP.
- Included are considerations for designating entire units within the facility, with dedicated HCP, to care for known or suspected COVID-19 patients and options for extended use of respirators, facemasks, and eye protection on such units. Updated recommendations regarding need for an airborne infection isolation room (AIIR).
- Patients with known or suspected COVID-19 should be cared for in a single-person room with the door closed. Airborne Infection Isolation Rooms (AIIRs) (See definition of AIIR in appendix) should be reserved for patients undergoing aerosol-generating procedures (See Aerosol-Generating Procedures Section)
- Updated information in the background is based on currently available information about COVID-19 and the current situation in the United States, which includes reports of cases of community transmission, infections identified in healthcare personnel (HCP), and shortages of facemasks, N95 filtering facepiece respirators (FFRs) (commonly known as N95 respirators), and gowns.
- Increased emphasis on early identification and implementation of source control (i.e., putting a face mask on patients presenting with symptoms of respiratory infection).

2) What is a respirator?

- A respirator is a personal protective device that is worn on the face or head and covers at least the nose and mouth. For COVID-19 response, a respirator is used to reduce the wearer’s risk of inhaling hazardous airborne particles (including infectious agents), gases or vapors. Respirators, including those intended for use in healthcare settings, are certified by the CDC/NIOSH.
Personal Protective Equipment (PPE) for Healthcare Settings
Respirators

3) What is an N95 filtering facepiece respirator (FFR)?

- An N95 FFR is a type of respirator which removes particles from the air that are breathed through it. These respirators filter out at least 95% of very small (0.3 micron) particles. N95 FFRs are capable of filtering out all types of particles, including bacteria and viruses.

4) What makes N95 respirators different from facemasks (sometimes called a surgical mask)?

- [Infographic: Understanding the difference between surgical masks and N95 respirators]
- N95 respirators reduce the wearer’s exposure to airborne particles, from small particle aerosols to large droplets. N95 respirators are tight-fitting respirators that filter out at least 95% of particles in the air, including large and small particles.
- Not everyone is able to wear a respirator due to medical conditions that may be made worse when breathing through a respirator. Before using a respirator or getting fit-tested, workers must have a medical evaluation to make sure that they are able to wear a respirator safely.
- Achieving an adequate seal to the face is essential. United States regulations require that workers undergo an annual fit test and conduct a user seal check each time the respirator is used. Workers must pass a fit test to confirm a proper seal before using a respirator in the workplace.
- When properly fitted and worn, minimal leakage occurs around edges of the respirator when the user inhales. This means almost all of the air is directed through the filter media.
- Unlike NIOSH-approved N95s, facemasks are loose-fitting and provide only barrier protection against droplets, including large respiratory particles. No fit testing or seal check is necessary with facemasks. Most facemasks do not effectively filter small particles from the air and do not prevent leakage around the edge of the mask when the user inhales.
- The role of facemasks is for patient source control, to prevent contamination of the surrounding area when a person coughs or sneezes. Patients with confirmed or suspected COVID-19 should wear a facemask until they are isolated in a hospital or at home. The patient does not need to wear a facemask while isolated.

5) What is a Surgical N95 respirator and who needs to wear it?

- A surgical N95 (also referred as a medical respirator) is recommended only for use by healthcare personnel (HCP) who need protection from both airborne and fluid hazards (e.g., splashes, sprays). These respirators are not used or needed outside of healthcare settings. In times of shortage, only HCP who are working in a sterile field or who may be exposed to high velocity splashes, sprays, or splatters of blood or body fluids should wear these respirators, such as in operative or procedural settings. Most HCP caring for confirmed or suspected COVID-19 patients should not need to use surgical N95 respirators and can use standard N95 respirators.
Personal Protective Equipment (PPE) for Healthcare Settings

Respirators

- If a surgical N95 is not available for use in operative or procedural settings, then an unvalved N95 respirator may be used with a faceshield to help block high velocity streams of blood and body fluids.

6) My employees complain that Surgical N95 respirators are hot and uncomfortable – what can I do?

- The requirements for surgical N95 respirators that make them resistant to high velocity streams of body fluids and help protect the sterile field can result in a design that has a higher breathing resistance (makes it more difficult to breath) than a typical N95 respirator. Also, surgical N95 respirators are designed without exhalation valves which are sometimes perceived as warmer inside the mask than typical N95 respirators. If you are receiving complaints, consider switching to a regular N95 without an exhalation valve. This respirator will provide the same protection as a surgical N95 but provides a little less breathing resistance.

7) My N95 respirator has an exhalation valve, is that okay?

- An N95 respirator with an exhalation valve does provide the same level of protection to the wearer as one that does not have a valve. The presence of an exhalation valve reduces exhalation resistance, which makes it easier to breathe (exhale). Some users feel that a respirator with an exhalation valve keeps the face cooler and reduces moisture build up inside the facepiece. However, respirators with exhalation valves should not be used in any health care setting because the patient is not protected against a potentially infected health care worker. They also should not be used in situations where a sterile field must be maintained (e.g., during an invasive procedure in an operating or procedure room) because the exhalation valve allows unfiltered exhaled air to escape into the sterile field.

8) How can I tell if a respirator is NIOSH-approved?

- The NIOSH approval number and approval label are key to identifying NIOSH-approved respirators. The NIOSH approval label can be found on or within the packaging of the respirator or sometimes on the respirator itself. The required labeling of NIOSH-Approved N95 filtering facepiece respirators includes the NIOSH name, the approval number, filter designations, lot number, and model number to be printed on the respirator. You can verify that your respirator approvals are valid by checking the NIOSH Certified Equipment List (CEL).

9) How do I know if my respirator is expired?

- NIOSH does not require approved N95 filtering facepiece respirators (FFRs) be marked with an expiration date. If an FFR does not have an assigned expiration date, you should refer to the user instructions or seek guidance from the specific manufacturer on whether time and storage conditions (such as temperature or humidity) are expected to have an effect on the respirator’s performance and if the respirators are nearing the end of their shelf life.
Personal Protective Equipment (PPE) for Healthcare Settings

Respirators

10) What do I do with an expired respirator?

- In times of increased demand and decreased supply, consideration can be made to use N95 respirators past their intended shelf life. However, the potential exists that the respirator will not perform to the requirements for which it was certified. Over time, components such as the strap and nose bridge may degrade, which can affect the quality of the fit and seal. Prior to use of N95 respirators, the HCP should inspect the respirator and perform a seal check. Additionally, expired respirators may potentially no longer meet the certification requirements set by NIOSH. For further guidance, visit Release of Stockpiled N95 Filtering Facepiece Respirators Beyond the Manufacturer-Designated Shelf Life: Considerations for the COVID-19 Response.

11) What methods should healthcare facilities consider in order to avoid unintentional loss of PPE during COVID-19?

- Monitoring PPE supply inventory and maintaining control over PPE supplies may help prevent unintentional product losses that may occur due to theft, damage, or accidental loss. Inventory systems should be employed to track daily usage and identify areas of higher than expected use. This information can be used to implement additional conservation strategies tailored to specific patient care areas such as hospital units or outpatient facilities. Inventory tracking within a health system may also assist in confirming PPE deliveries and optimizing distribution of PPE supplies to specific facilities.

12) Who should a hospital or healthcare provider contact for information on getting PPE?

The hospital or healthcare provider should contact their healthcare coalition (HCC) points of contact (Coordinators) and describe the situation and resource need. Each of these agencies staffs an HCC Readiness and Response Coordinator (HCC Coordinator) position whose duties include coordinating resource requests. HCC contact emails:

- ☐ Mid-America Regional Council -------------------------- kcrhcc@gmail.com
- ☐ Missouri Hospital Association ----------------------------- nonurbanmohcc@mhanet.com
- ☐ St. Louis Area Regional Response System ------------- COVID-19@ewgateway.org


13) Where can I get more information about the PPE decontamination system?

The Battelle Critical Care Decontamination System is only designed to decontaminate N95 respirator masks for healthcare providers and first responders. Interested healthcare providers or first responders should to go to www.battelle.org/decon for more information and to fill out the enrollment form.
Pregnant Women/Infants

1) Is it easier for pregnant women to become ill with COVID-19?

We do not currently know if pregnant people have a greater chance of getting sick from COVID-19 than the general public nor whether they are more likely to have serious illness as a result. Based on available information, pregnant people seem to have the same risk as adults who are not pregnant.

However, we do know that

- Pregnant people have changes in their bodies that may increase their risk of some infections.
- Pregnant people have had a higher risk of severe illness when infected with viruses from the same family as COVID-19 and other viral respiratory infections, such as influenza.

2) How can pregnant women protect themselves from getting COVID-19?

Pregnant women should do the same things as the general public to avoid infection. You can help stop the spread of COVID-19 by taking these actions:

- Cover your cough (using your elbow is a good technique)
- Avoid people who are sick
- Clean your hands often using soap and water or alcohol-based hand sanitizer
- Clean and disinfect frequently touched surfaces daily.

You can find additional information on preventing COVID-19 disease at CDC’s (Prevention for 2019 Novel Coronavirus).

3) Can COVID-19 cause problems for a pregnancy?

- Pregnant people have had a higher risk of severe illness when infected with viruses from the same family as COVID-19 and other viral respiratory infections, such as influenza.
- It is always important for pregnant people to protect themselves from illnesses.

4) Can COVID-19 be passed from a pregnant woman to the fetus or newborn?

- Mother-to-child transmission of coronavirus during pregnancy is unlikely, but after birth a newborn is susceptible to person-to-person spread.
- A very small number of babies have tested positive for the virus shortly after birth. However, it is unknown if these babies got the virus before or after birth.
- The virus has not been detected in amniotic fluid, breastmilk, or other maternal samples.

5) What is the guidance on breastfeeding for mothers with confirmed COVID-19 or under investigation for COVID-19?

- Breast milk provides protection against many illnesses and is the best source of nutrition for most infants.
Pregnant Women/Infants

- You, along with your family and healthcare providers, should decide whether and how to start or continue breastfeeding
- **In limited studies, COVID-19 has not been detected in breast milk;** however we do not know for sure whether mothers with COVID-19 can spread the virus via breast milk.
- If you are sick and choose to **direct breastfeed**:
  - Wear a facemask and wash your hands before each feeding.
- If you are sick and choose to **express breast milk**:
  - Express breast milk to establish and maintain milk supply.
  - A dedicated breast pump should be provided.
  - Wash hands before touching any pump or bottle parts and before expressing breast milk.
  - Follow [recommendations for proper pump cleaning](#) after each use, cleaning all parts that come into contact with breast milk.
  - If possible, consider having someone who is well feed the expressed breast milk to the infant.
1) What should I consider as I plan and prepare for COVID-19?
Administrators should always reinforce healthy practices among their staff and students, as well as prepare for a potential case of COVID-19, regardless of the current level of community transmission.

As you create and update your preparedness plans, work with your local health officials to determine the most appropriate plan and actions for your school or program. Together, you will need to consider your local community situation—whether you have local transmission in your community, and if so, the level of transmission (none/minimal, minimal to moderate, substantial).

CDC has created overall guidance, as well as guidance tailored for transmission level in your area to help childcare programs, schools, and their partners understand how to help prevent COVID-19 and react quickly when a case is identified. The guidance includes information about the following:

- How to prepare if you have no community spread of COVID-19.
- How to prepare if you have minimal to moderate community spread in your community.
- How to prepare if you have substantial community spread in your community.
- What to do if a person with COVID-19 has entered your school.

See CDC’s full interim guidance for more details.

2) What can staff and students do to prevent the spread of COVID-19?
Encourage students and staff to take everyday preventive actions to prevent the spread of respiratory illnesses. These actions include staying home when sick; appropriately covering coughs and sneezes; cleaning and disinfecting frequently touched surfaces; and washing hands often with soap and water. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if they are visibly dirty. Remember to supervise young children when they use hand sanitizer to prevent swallowing alcohol.

3) How should my school prepare when there is no community transmission in our area?
The most important thing you can do now is to prepare. Schools need to be ready if COVID-19 does appear in their communities. Here are some strategies:

- Review, update, and implement emergency operations plans.
- Develop information-sharing systems with partners.
- Teach and reinforce health hygiene practices.
- Intensify cleaning and disinfection efforts.
- Monitor and plan for absenteeism.
- Assess group gatherings and events. Follow current guidance about non-critical gatherings and events.
- Require sick students and staff to stay home. Establish procedures for students and staff who are sick at school.
- Create and test communications plans for use with the school community.
4) What should I include in my emergency operations plan?
Review and update your emergency operations plan in collaboration with your local health department. Focus on the components or annexes of the plans that address infectious disease outbreaks.

- Ensure the plan includes strategies to reduce the spread of a wide variety of infectious diseases (e.g., seasonal influenza). This includes strategies for social distancing and school dismissal that may be used to stop or slow the spread of infectious disease. The plan should also include strategies for continuing education, meal programs, and other related services in the event of school dismissal.
- Ensure the plan emphasizes everyday preventive actions for students and staff. For example, emphasize actions such as staying home when sick; appropriately covering coughs and sneezes; cleaning frequently touched surfaces; and washing hands often.

5) How should my school prepare when there is minimal to moderate community transmission in our area?
Work with your local health officials to determine a set of strategies appropriate for your community’s situation. Continue using the preparedness strategies implemented for no community transmission, and consider the following social distancing strategies:

- Cancel field trips, assemblies, and other large gatherings.
- Cancel or modify classes where students are likely to be in very close contact.
- Increase the space between desks to at least 6 feet.
- Stagger arrival and/or dismissal times.
- Reduce congestion in the health office.
- Limit nonessential visitors.
- Limit bringing in students from other schools for special programs (e.g., music, robotics, academic clubs)
- Teach staff, students, and their families to maintain a safe distance (6 feet) from each other in the school.

6) What should I do when there is substantial community transmission?
If local health officials have determined there is substantial transmission of COVID-19 within the community, they will provide guidance to administrators on the best course of action for childcare programs or schools. These strategies are expected to extend across multiple programs, schools, or school districts within the community.

You may need to consider extended school dismissals (e.g. dismissals for longer than 2 weeks). This longer-term, and likely broader-reaching, dismissal strategy is intended to slow transmission rates of COVID-19 in the community. During extended school dismissals, also cancel extracurricular group activities, school-based afterschool programs, and large events (e.g., assemblies, spirit nights, field trips, and sporting events). Remember to implement strategies to ensure the continuity of education (e.g., distance learning) as well as meal programs and other essential services for students.
Schools and Childcare Facilities – Administrators, Teachers, and Parents

7) What resources does CDC have available to share with staff, students, and parents?
Share resources with the school community to help them understand COVID-19 and steps they can take to protect themselves:

- CDC’s health communication resources
- CDC information on stigma and COVID-19
- CDC information on COVID-19 and children
- CDC offers several free handwashing resources that include health promotion materials, information on proper handwashing technique, and tips for families to help children develop good handwashing habits.
- Other health and education professional organizations may also have helpful resources your school can use or share, such as the American Academy of Pediatrics external icon
- CDC’s information on helping children cope with emergencies
- Stigma prevention and facts about COVID-19

8) What should I do if my school experiences increased rates of absenteeism?
If your school notices a substantial increase in the number of students or staff missing school due to illness, report this to your local health officials.

9) For childcare facilities specifically, what guidance has DHSS provided regarding a child who has a confirmed case of COVID-19 or is symptomatic pending test results or is a close contact to an individual with a confirmed case of COVID-19?

1. A child within childcare facility is confirmed to have COVID-19:
   a. The child and all siblings of the child are immediately excluded.
      i. The confirmed positive child must be excluded until they are symptom free for 72 hours and are at least 7 days past symptom onset.
      ii. Siblings who are close contacts are excluded at least 14 days after their last date of close contact to a known case.

2. A child within the childcare facility is symptomatic and pending lab result for COVID-19:
   a. The child is excluded until results of the test are negative, due to existing exclusion requirements. If positive, see scenario 1, if negative the child must be symptom free for 24 hours prior to returning to care.
   b. Siblings, classmates, and teachers of pending case should be monitored for symptoms while waiting for test results.

3. A child within the childcare facility is a close contact to a known COVID-19 case:
   a. The child is excluded for 14 days.
b. Siblings, classmates, and teachers of child should be monitored for symptoms.

10) For childcare facilities specifically, what guidance has DHSS provided regarding attendance by a child whose parent has a confirmed case of COVID-19 or is symptomatic pending test results or is a close contact to an individual with a confirmed case of COVID-19?

1. Parent of a child within the childcare facility has been confirmed to have COVID-19.
   a. Children who are close contacts of the parent are excluded for 14 days after the last date of close contact with a known case.

2. Parent of a child within the childcare facility is symptomatic, pending results, and has had close contact with a known case:
   a. Children who are close contacts of the parent are excluded until test results are in. If parent is positive, see scenario 1. If parent is negative children can return to care.

3. Parent of a child within the childcare facility has had close contact to a known case of COVID-19:
   a. Children can remain in care, but should be monitored. If COVID-19 symptoms develop in the parent, children should be excluded, and treated as if parent was symptomatic and pending results as described above.

11) For childcare facilities specifically, what guidance has DHSS provided regarding attendance by a provider/staff member with a confirmed case of COVID-19 or is symptomatic pending test results or is a close contact to an individual with a confirmed case of COVID-19?

1. Provider/staff member within childcare facility has been confirmed to have COVID-19:
   a. Provider/staff member must be excluded until they are symptom free for 72 hours and are at least 7 days past symptom onset.
   b. Children and other staff members that are defined as close contacts with the provider/staff member are excluded for 14 days after the last known close contact to a known case.

2. Provider/staff member within the childcare facility is symptomatic pending lab results:
   a. Provider is excluded until test results are in, if positive see scenario 1, if negative provider/staff member may return to once symptom free for 24 hours.
   b. Children and other staff that that were a close contact with provider/staff member should be monitored for symptoms until results are available.

3. Provider/staff member is a close contact to a known case of COVID-19, outside of the child care facility:
Schools and Childcare Facilities – Administrators, Teachers, and Parents

a. Provider is excluded for 14 days or longer if diagnosed with COVID-19.
b. Children and Teachers in direct contact with provider/staff member should be monitored for symptoms.

12) When should I dismiss our school/childcare program?
Any decision about school dismissal or cancellation of school events should be made in coordination with your local health officials. Schools are not expected to make decisions about dismissals on their own.

You may need to temporarily dismiss school, if a student or staff member attended school before being confirmed as having COVID-19. This initial short-term dismissal allows time for the local health officials to gain a better understanding of the COVID-19 situation impacting the school and for custodial staff to clean and disinfect the affected facilities. Work with the local health officials to determine appropriate next steps, including whether an extended dismissal duration is needed to stop or slow further spread of COVID-19.

If there is substantial transmission in the local community, local health officials may suggest extended school dismissals (e.g., dismissals for longer than two weeks). This longer-term, and likely broader-reaching, dismissal strategy is intended to slow transmission rates of COVID-19 in the community.

13) Are there ways for students to keep learning if we decide to dismiss schools?
Yes, consider implementing e-learning plans, including digital and distance learning options as feasible and appropriate. Determine, in consultation with school district officials or other relevant state or local partners:

- If a waiver is needed for state requirements of a minimum number of in-person instructional hours or school days (seat time) as a condition for funding.
- How to convert face-to-face lessons into online lessons and how to train teachers to do so.
- How to triage technical issues if faced with limited IT support and staff.
- How to encourage appropriate adult supervision while children are using distance learning approaches.
- How to deal with the potential lack of students’ access to computers and the internet at home.

14) If I make the decision for a school dismissal, what else should I consider?
In the event of a school dismissal, extracurricular group activities and large events, such as performances, field trips, and sporting events should also be cancelled. This may require close coordination with other partners and organizations (e.g., high school athletics associations, music associations). In addition, discourage students and staff from gathering or socializing anywhere, like at a friend’s house, a favorite restaurant, or the local shopping mall.

Ensure continuity of meal programs for your students. Consider ways to distribute food to students who receive free or reduced cost meals. Check with the US Department of Agriculture – Food and Nutrition Service for additional information: https://www.fns.usda.gov/disaster/USDAfoodsPandemicSchools. If there is
community spread of COVID-19, design strategies to avoid distribution in settings where people might gather in a group or crowd. Consider options such as “grab-and-go” bagged lunches or meal delivery.

Consider alternatives for providing essential medical and social services for students. Continue providing necessary services for children with special healthcare needs, or work with the state Title V Children and Youth with Special Health Care Needs (CYSHCN) Program.

15) If we dismiss school, what do we need to consider when re-opening the building to students?
CDC is currently working on additional guidance to help schools determine when and how to re-open in an orderly manner. If you need immediate assistance with this, consult local health officials for guidance. Stay in touch with your local and state health department, as well as the Department of Education.

16) What should we do if a child, student, or staff member has recently traveled to an area with COVID-19 or has a family member who has traveled to an area with COVID-19?
Review updated CDC information for travelers, including FAQ for travelers, and consult with state and local health officials. Health officials may use CDC’s Interim US Guidance for Risk Assessment and Public Health Management of Persons with Potential Coronavirus Disease 2019 (COVID-19) Exposure in Travel-associated or Community Settings to make recommendations. Individuals returning from travel to areas with community spread of COVID-19 must follow guidance they have received from health officials.

17) What can teachers do to protect themselves and their students?
Teachers and students are in close contact for much of the day, and schools can become a place where respiratory diseases like COVID-19 can quickly spread. Protect yourself and your students by practicing and promoting healthy habits during the school year. You should also plan to stay home if you have symptoms of COVID-19 like fever, cough, or shortness of breath. Encourage parents to keep students at home if they’re sick. Consider social distancing strategies, such as modifying classes where students are likely to be in very close contact; increasing space between desks; and allowing students to eat meals in the classroom.

18) How should I talk to my students about COVID-19?
As public conversations around COVID-19 increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Teachers can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

19) What are schools doing to prepare for COVID-19?
Schools are advised to ensure adequate supplies are available to support healthy hygiene practices, and to routinely clean and disinfect objects and surfaces that are frequently touched. They are also working closely with local health officials to review and update their school emergency operation plans, and to determine if or when to dismiss schools.
20) How will I know if my child’s school is closed?
Look out for information from your school district. Information may come via phone, email, or website depending on your school’s communication plan. Local media outlets may provide updates, since they often monitor this information.

21) Are children more at-risk?
Information about COVID-19 in children is somewhat limited, but the information that is available suggests that children with confirmed COVID-19 generally had mild symptoms. Person-to-person spread from or to children, as among adults, is thought to occur mainly via respiratory droplets produced when an infected person coughs, sneezes, or talks. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

However, a small percentage of children have been reported to have more severe illness. Despite lower risk of serious illness children, children with COVID-19-like symptoms should avoid contact with older adults and people of any age who may be at higher risk for severe illness from COVID-19.

22) How should parents talk to children about COVID-19?
As public conversations around COVID-19 increase, children may worry about themselves, their family, and friends getting ill with COVID-19. Parents play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease. Additional information is available from the Missouri Department of Elementary and Secondary Education at:

https://dese.mo.gov/communications/coronavirus-covid-19-information

23) Where can child care providers get information on the CARES Act Child Care Plan benefits?
Providers should visit the Department of Social Services (DSS) COVID-19 information webpage to find information under the “Child Care” section. If providers have questions after reviewing the information on the website, they can contact DSS at 573-522-1385.
1) What are the symptoms and complications that COVID-19 can cause?

People with COVID-19 have had a wide range of symptoms—ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as more is learned about COVID-19.

2) What should I do if I’m having symptoms?

Call your healthcare professional if you feel sick and are exhibiting the symptoms listed above. It’s important to call before seeking care because it helps your provider make sure that proper infection control procedures are followed when you arrive. If your provider chooses to seek testing through the Missouri State Public Health Laboratory, they will contact the Missouri Department of Health and Senior Services for approval. If your provider needs help making this connection, please have them call this hotline back and we can route the call for them.

Testing for COVID-19 is available from the Missouri State Public Health Laboratory for those with severe disease or with risk factors and compatible symptoms. Providers can also order COVID-19 testing from private laboratories for those that are not approved for testing through the state lab. If you and your provider decide that you need testing and prefer to use a private laboratory, approval from state health department staff is not required.

In the meantime, if you decide not to seek care from a provider to access COVID-19 testing, it’s important to remember to stay home if you’re sick. For illnesses that cause fever, a good rule to follow is not to return to work until at least 24 hours after the fever is gone without the use of fever reducing medications. Remember to practice good hand hygiene and stay away from others while you’re sick so you can keep your loved ones and community healthy.

3) When should I seek emergency care if I have COVID-19?

When to Seek Emergency Medical Attention
Symptoms and Testing

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

4) Is it possible to have the flu and COVID-19 at the same time?

Yes. It is possible to test positive for flu (as well as other respiratory infections) and COVID-19 at the same time.
Testing Guidance for Call Center Staff

1. Take incoming call and complete the single-page PUI screening form and then approve/disapprove testing per the algorithm and criteria provided.

   a. If not approved, tell caller the request does not meet the current criteria for testing at the State Public Health Laboratory. However, private laboratories have begun testing for COVID-19. Please consider this as an option for the patient if you believe it is warranted and contact that laboratory for further instructions regarding sample submissions. Offer list of testing sites throughout Missouri or refer them to DHSS website at:  [https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/mobile-testing.php](https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/mobile-testing.php)

   b. If approved, tell call the request meets the current criteria for a PUI and testing. Complete the Human Infection with 2019 Novel Coronavirus Person Under Investigation (PUI) and Case Report Form with information provided from caller .(Go to below)

   i. Please contact your local public health agency for a collection kit (Provide LPHA directory link: [https://health.mo.gov/living/lpha/lphas.php](https://health.mo.gov/living/lpha/lphas.php) if need contact information) or see [https://health.mo.gov/lab/ncov.php](https://health.mo.gov/lab/ncov.php) for instructions/video if you have the appropriate supplies available to collect and send a specimen.

   ii. Please also remember to go to the [https://health.mo.gov/lab/ncov.php](https://health.mo.gov/lab/ncov.php) to complete the Virology Test Request Form per instructions for each specimen type.

   iii. The call center will then send an email with the approved and completed Missouri PUI Form and Virology Test Request Form. Complete the Virology Test Request Form and submit it and the Missouri PUI Form, along with the specimen, to the SPHL.

   iv. Contact your LPHA to find the nearest laboratory courier location with pick up times.

   v. Individuals being testing for COVID-19 should be considered suspect cases and asked to self-isolate at least until test results are received. This is an important disease control step that healthcare providers can take to help control the spread of COVID-19 in our communities. Additional guidance on home isolation can be found at this link: [https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

   vi. Providers with questions about infection control for inpatients should be referred to the CDC guidance on this topic: [https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html](https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html)
Testing and Approval

1) How do I get a sample approved for COVID-19 testing at the State Public Health Laboratory?

   Are you a patient?

   If so please contact your health care provider

   Are you a health care provider calling on behalf of a patient?

   We will need to get some information and apply an algorithm to determine if your patient meets the epidemiological criteria for testing. (Call center or epi person goes through the criteria)

   Your request does not meet the current criteria for testing.

   Your request meets the current criteria for PUI and testing.

   (If approved, complete PUI Form with caller)

   (If approved send an email with PUI information to MSPHLCOVID-19@health.mo.gov)

Necessary information for sample collection, packaging and shipping of an approved COVID-19 sample for testing at the SPHL is available at: https://health.mo.gov/lab/ or the Laboratory Information Section of this Quick Reference Guide.

2) Who should people contact to get results from a test for COVID-19?

   They should contact the provider who ordered the test. Test results are only released to the provider who ordered the test even if the test was done at the State Public Health Laboratory.

3) Where should COVID-19 test results be reported?

   Providers needing to fax text results shall send reports to the Bureau of Reportable Disease Informatics (BRDI) at 573-751-6417.

4) Who should report COVID-19 test results to DHSS?

   Under the current suspension of the Missouri disease case reporting rule (19 CSR 20-20.020 (6)), when the testing for COVID-19 is conducted outside the hospital by a separate laboratory that must also report the result to DHSS, only the laboratory must make the report.

5) How can I get tested for a current infection (viral test) and what does my test mean?

   Decisions about testing are made by state and local health departments or healthcare providers. If you have symptoms of COVID-19 and are not tested, it is important to stay home. What to do if you are sick.
COVID-19 testing differs by location. If you have symptoms of COVID-19 and want to get tested, call your healthcare provider first. You can also visit your state or local health department’s website to look for the latest local information on testing. The U.S. Food and Drug Administration (FDA) has authorized viral tests that let you collect either a nasal swab or a saliva sample at home. However, you will still need to send your sample to a laboratory for analysis.

If you test positive for COVID-19, know what protective steps to take if you are sick or caring for someone.

If you test negative for COVID-19, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing. You might test negative if the sample was collected early in your infection and test positive later during your illness. You could also be exposed to COVID-19 after the test and get infected then. This means you could still spread the virus. If you develop symptoms later, you might need another test to determine if you are infected with the virus that causes COVID-19.

For more information about viral tests, please visit Test for Current Infection.

6) How can I get tested for a past infection (antibody test) and what does my test mean?

Antibody tests for COVID-19 are available through healthcare providers and laboratories. Check with your healthcare provider to see if they offer antibody tests and whether you should get one.

A positive test result shows you might have antibodies from an infection with the virus that causes COVID-19. However, there is a chance a positive result means that you have antibodies from an infection with a virus from the same family of viruses (called coronaviruses), such as the one that causes the common cold.

Having antibodies to the virus that causes COVID-19 might provide protection from getting infected with the virus again. If it does, we do not know how much protection the antibodies might provide or how long this protection might last.

You should continue to protect yourself and others since you could get infected with the virus again.

If you test negative, you might not have ever had COVID-19. Talk with your healthcare provider about your test result and the type of test you took to understand what your result means.

Regardless of whether you test positive or negative, the results do not confirm whether or not you are able to spread the virus that causes COVID-19. Until we know more, continue to take steps to protect yourself and others.

If you want more information about antibody tests, see Test for Past Infection.
7) Can someone test negative and later test positive on a viral test for COVID-19?

Yes, it is possible. You may test negative if the sample was collected early in your infection and test positive later during this illness. You could also be exposed to COVID-19 after the test and get infected then. Even if you test negative, you still should take steps to protect yourself and others. See Testing for Current Infection for more information.

8) Where should the results of COVID-19 serology (antibody) testing be sent?

Test results should be faxed to the Bureau of Reportable Disease Informatics at 573-751-6417.
# Testing and Approval

## Risk Groups to be Approved for COVID-19 Testing by DHSS

<table>
<thead>
<tr>
<th>Risk Group</th>
<th>Definitions and Further Information</th>
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| Symptomatic<sup>1</sup> close contacts to a suspect COVID-19 patient       | Close contact is defined as—  
  a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case  
  —or—  
  b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)  
  If such contact occurs while not wearing recommended personal protective equipment or PPE (e.g., gowns, gloves, NIOSH-certified disposable N95 respirator, eye protection), criteria for PUI consideration are met. |
| Symptomatic<sup>1</sup> healthcare workers, law enforcement officers, fire department staff, and others who are considered first responders | Contact with a suspected or confirmed case is not required for these individuals.                                                                                                                                                       |
| Symptomatic<sup>1</sup> residents of congregate living facilities whose residents are at higher risk for poor outcomes | Those at higher risk for poor outcomes can include older adults and individuals with chronic medical conditions and/or an immunocompromised state.  
  Note: In some facilities with a large number of cases that indicate late detection of an outbreak or infection control lapses, testing for all staff and residents MAY be approved on a case-by-case basis in consultation with state epidemiology staff or DHSS Director. |
| Symptomatic<sup>1</sup> hospitalized patients who have signs and symptoms compatible with COVID-19 | Testing for these individuals should be used to inform decisions regarding infection control.                                                                                                                                              |
| Symptomatic<sup>1</sup> patients who are at high risk for negative health outcomes from COVID-19 | Risk for negative health outcomes is based on the provider’s clinical judgement.                                                                                                                                                         |

Note: Postmortem testing can be approved through the Missouri State Public Health Laboratory if an individual would have met a criterion above prior to their death.

<sup>1</sup>Symptoms may include any of the following: fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, new loss of taste or smell, or any other relevant symptoms per medical provider judgement

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August 28, 2020
Testing and Approval

Does the patient have a fever OR symptoms of lower respiratory illness?

Is the patient a healthcare worker, law enforcement officer, fire department staff, or other considered a first responder?

OR

Is the patient a resident of a congregate living facility whose residents are at higher risk for poor outcomes?

OR

Is the patient hospitalized?

OR

Is the patient at high risk for negative outcomes from COVID-19 based on the provider’s clinical judgement?

Has the patient had close contact with a COVID-19 case or PUI with a pending COVID-19 test within 14 days of symptom onset?

Test approved. Provide laboratory contact information to SPHL as soon as possible. Ensure isolation while results pending and provide guidance for home care, https://www.cdc.gov/coronavirus/2019-ncov/hcp/evidence-prevent-spread.html

Does not meet criteria, do not test. Direct to private laboratory testing if physician would prefer to test.

Clearance Testing: Approve clearance testing for individuals required to use test-based method to return to at-risk group setting as resident or employee, such as long-term care, corrections, adult group homes, healthcare facilities, etc. Clearance testing is 2 consecutive negative tests where specimens are taken at least 24 hours apart. ONLY FOR PREVIOUSLY CONFIRMED CASES

1Close contact is defined as—
   a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case
   b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

if such contact occurs while not wearing recommended personal protective equipment or PPE (e.g., gowns, gloves, NIOSH-certified disposable N95 respirator, eye protection), criteria for PUI consideration are met.

2Those at higher risk for poor outcomes can include older adults and individuals with chronic medical conditions and/or an immunocompromised state (e.g., diabetes, heart disease, receiving immunosuppressive medications, chronic lung disease, chronic kidney disease).

Note: Postmortem testing can be approved through the Missouri State Public Health Laboratory if an individual would have met a criterion above prior to their death.
Travel

1) Should I avoid traveling internationally?

Travel increases your chance of getting and spreading COVID-19. COVID-19 risk in most countries is high, and travelers should avoid nonessential travel to high-risk destinations. Travelers at increased risk for severe illness should consider postponing all travel, including essential travel, to high-risk destinations. To check a destination’s COVID-19 risk level see COVID-19 Travel Recommendations by Destination.

Some healthcare systems are overwhelmed and there may be limited access to adequate medical care in affected areas. Many countries are implementing travel restrictions and mandatory quarantines, closing borders, and prohibiting non-citizens from entry with little advance notice. If you choose to travel internationally, your travel plans may be disrupted. If you get sick or are exposed to a person with COVID-19 during your trip, you may be isolated or quarantined and your return to the United States may be delayed.

CDC also recommends all travelers defer all cruise ship travel worldwide.

2) If I travel, what steps should I take to help reduce my chances of getting sick or getting someone else sick?

Travel increases your chance of getting and spreading COVID-19. You should not travel if you are sick or have been around someone with COVID-19 in the past 14 days. If you travel:

- Avoid close contact by staying at least 6 feet (about 2 arms’ length) from anyone who is not from your household.
- Wear a mask to keep your nose and mouth covered when in public settings.
- Wash your hands often or use hand sanitizer.
- Avoid contact with anyone who is sick.
- Avoid touching your eyes, nose, and mouth.
- Do not travel with someone who is sick.
- The safest food options: drive-thru, delivery, take-out, and curbside pick-up.
- Make sure you are up to date with your routine vaccinations, including measles-mumps-rubella (MMR) vaccine and the seasonal flu vaccine.
- Follow state and local recommendations or requirements after you return from travel.

3) Are international layovers included in CDC’s recommendation to avoid nonessential travel?

Yes. Airport layovers in international destinations with a level 3 travel health notice are included in CDC’s recommendation to avoid nonessential travel. If a layover is unavoidable, CDC recommends you not leave the airport. Even if you don’t leave the airport during your layover, you may still be subject to screening and monitoring when entering the United States.

A layover is anytime you exit a plane when traveling to your final destination.
Travel

4) Should I delay going on a cruise?

Yes. CDC recommends that all travelers defer all cruise ship travel worldwide. Recent reports of COVID-19 on cruise ships highlight the risk of infection to cruise ship passengers and crew. Like many other viruses, COVID-19 appears to spread more easily between people in close quarters aboard ships.

In addition, the U.S. Department of State advises travelers to not go on cruises. This is a dynamic situation and those traveling by ship may be impacted by travel restrictions affecting their itineraries or ability to disembark or may be subject to quarantine procedures implemented by the local authorities. While the U.S. government has successfully evacuated hundreds of our citizens in the previous weeks, repatriation flights should not be relied upon as an option for US citizens under the potential risk of quarantine by local authorities. U.S. citizens should evaluate the risks associated with choosing to remain in an area that may be subject to quarantine and take the appropriate proactive measures. Passengers who plan to travel by cruise ship should contact their cruise line companies directly for further information on the current rules and restrictions and continue to monitor the travel.state.gov website for updated information.

5) Can flying on an airplane increase my risk of getting COVID-19?

Yes. Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.

6) What happens if there is a sick passenger on an international or domestic flight?

Under current federal regulations, pilots must report all illnesses and deaths to CDC before arriving to a US destination. According to CDC disease protocols, if a sick traveler is considered to be a public health risk, CDC works with local and state health departments and international public health agencies to contact passengers and crew exposed to that sick traveler.

Be sure to give the airline your current contact information when booking your ticket so you can be notified if you are exposed to a sick traveler on a flight.

7) What if I recently traveled and get sick?

Follow the steps below: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care
Travel

- **Stay home:** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you stay away from others. You should stay in a specific “sick room” if possible, and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus.
- When possible, have another member of your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

- **Call ahead:** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor’s office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

If you are sick wear a cloth covering over your nose and mouth

- CDC recommends that people wear a cloth face covering, over your nose and mouth if you must be around other people even at home.

**Note:** During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to improvise a cloth face covering using a scarf or bandana.

A video demonstrating how to make a face cover at home is available at:

https://youtu.be/tPxlvqvJgf4

Cover your coughs and sneezes
Travel

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- **Wash hands:** 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.
- **Hand sanitizer:** If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
  - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
Travel

• Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
• Most EPA-registered household disinfectants should be effective.

Monitor your symptoms

• Common symptoms of COVID-19 include fever and cough. Trouble breathing is a more serious symptom that means you should get medical attention.
• **If you are having trouble breathing, seek medical attention, but call first.**
  o Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do.
• **Wear a cloth face covering (covers your nose and mouth):** Put on the cloth face covering when you leave your house or when around other people. You don’t need to wear the cloth face covering if you are alone. If you can’t put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least
• **Follow care instructions from your healthcare provider and local health department:** Your local health authorities may give instructions on checking your symptoms and reporting information.

8) When can I return to work after international travel?

Most travelers can go back to work but should take precautions. Some travelers may have higher risk of exposure and should stay home for 14 days. See CDC’s [After Travel](https://www.cdc.gov/travel/after-travel.html) webpage to learn what precautions you should take.

9) Should I wear a mask?

CDC recommends that everyone wear a mask over their nose and mouth when in public, including during travel. Masks slow the spread of COVID-19 because they help keep people who are infected from spreading respiratory droplets to others when they cough, sneeze, or talk. Medical masks and N-95 respirators are for healthcare workers and other first responders, as recommended by current CDC guidance.

Some people shouldn’t wear masks:

• Children younger than 2 years old
• Anyone who has trouble breathing
• Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without help
Travel

A video demonstrating how to make a face cover at home is available at:

- [https://youtu.be/tPx1yqvJgf4](https://youtu.be/tPx1yqvJgf4).

10) What can I expect when departing other countries?

Be aware that some countries are conducting exit screening for all passengers leaving their country. Before being permitted to board a departing flight, you may have your temperature taken and be asked questions about your travel history and health.

11) What can I expect when arriving to the United States?

At this time, travel restrictions and entry screening only apply to travelers arriving from some countries. [Note: US policies are subject to change as the COVID-19 pandemic evolves.]

You may be screened when you arrive in the United States.

**After travel, all travelers should take these actions to protect others from getting sick:**

- [Stay at least 6 feet](https://www.cdc.gov/coronavirus/2019-ncov/daily-living-coping/social-distancing.html) (about 2 arms’ length) from anyone who is not from your household. It’s important to do this everywhere — both indoors and outdoors.
- [Wear a mask](https://www.cdc.gov/coronavirus/2019-ncov/about/masks.html) to keep your nose and mouth when you are outside of your home.
- [Wash your hands](https://www.cdc.gov/handwashing/) often or use hand sanitizer.
- Watch your health: Look for symptoms of COVID-19, and take your temperature if you feel sick.
- See CDC’s [After Travel](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-related-illness/after-travel.html) webpage to learn if you should take additional precautions.


12) How can I protect myself from COVID-19 when using different types of transportation?

**Practice hand hygiene and respiratory etiquette.**

- Before you leave, [wash your hands](https://www.cdc.gov/coronavirus/2019-ncov/hygiene/hand-washing.html) with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.
- Once you reach your destination, [wash your hands again](https://www.cdc.gov/coronavirus/2019-ncov/hygiene/hand-washing.html) with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol as soon as possible upon arrival.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your coughs and sneezes with a tissue or use the inside of your elbow. Throw used tissues in the trash and wash your hands immediately with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.

**Practice social distancing.**
Travel

- During travel, try to keep at least 6 feet (2 meters) from people who are not in your household — for example, when you are waiting at a bus station or selecting seats on a train.

Wear masks.

- Wear a mask in public settings and when around people who don’t live in your household, especially when social distancing is difficult.
  
  o Note: Masks should not be placed on:
    
    - Babies and children younger than 2 years old
    - Anyone who has trouble breathing or is unconscious
    - Anyone who is incapacitated or otherwise unable to remove mask without assistance
  
- Masks are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms.

Stay home when appropriate.

- People who are sick or have recently had a close contact (closer than 6 feet for at least 15 minutes) to a person with COVID-19 should avoid using transportation options that may put them in close contact with others (e.g., public transit, rideshare, or taxis) and should stay home except to seek medical care.
- If you are sick and public transportation is your only option when seeking medical care, wear a mask over your nose and mouth, practice social distancing (staying at least 6 feet away from other people as much as possible), and practice hand hygiene, including using hand sanitizer with at least 60% alcohol if soap and water are not readily available. For non-emergency medical care, make an appointment ahead of time and, if using public transportation, travel during non-peak hours, if possible.

Have adequate supplies.

- Before traveling, pack sanitizing wipes and hand sanitizer with at least 60% alcohol (in case you are unable to wash your hands at your destination). Bring your mask to wear at times when physical distancing is difficult—for example, while riding on a train or bus, waiting at a rest stop, or riding in a car with people outside your household.

Protect people at risk for severe illness from COVID-19.

Individuals who have an increased risk of severe illness from COVID-19 should consider the risks and benefits of non-essential travel.
1) Can the COVID-19 virus spread through treated drinking water?

The COVID-19 virus has not been detected in treated drinking water. Water treatment plants use filters and disinfectants to remove or kill germs, like the virus that causes COVID-19. The Environmental Protection Agency regulates water treatment plants to ensure that treated water is safe to drink. Currently, there is no evidence that the virus that causes COVID-19 can be spread to people by drinking treated water. COVID-19 is spread mainly through close contact from person-to-person.

2) Is the COVID-19 virus found in feces (stool)?

The virus that causes COVID-19 has been found in the feces of some patients diagnosed with COVID-19. However, it is unclear whether the virus found in feces may be capable of causing COVID-19. There has not been any confirmed report of the virus spreading from feces to a person. Scientists also do not know how much risk there is that the virus could be spread from the feces of an infected person to another person. However, they think this risk is low based on data from previous outbreaks of diseases caused by related coronaviruses, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

3) Can the virus that causes COVID-19 spread through pools, hot tubs, spas, and water play areas?

There is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, or water playgrounds. Additionally, proper operation of these aquatic venues and disinfection of the water (with chlorine or bromine) should inactivate the virus. However, chlorinated water alone should not be used as a surface disinfectant. CDC recommends use of EPA-registered household disinfectants to disinfect surfaces. Follow the instructions on the label to ensure safe and effective use of the product.

4) Can the COVID-19 virus spread through sewerage systems?

The virus that causes COVID-19 has been found in untreated wastewater. Researchers do not know whether this virus can cause disease if a person is exposed to untreated wastewater or sewerage systems. There is no evidence to date that this has occurred. At this time, the risk of transmission of the virus that causes COVID-19 through properly designed and maintained sewerage systems is thought to be low.

5) Should wastewater workers take extra precautions to protect themselves from the COVID-19 virus?

Recently, the virus that causes COVID-19 has been found in untreated wastewater. While data are limited, there is no information to date that anyone has become sick with COVID-19 because of exposure to wastewater.

Standard practices associated with wastewater treatment plant operations should be sufficient to protect wastewater workers from the virus that causes COVID-19. These standard practices can
include engineering and administrative controls, hygiene precautions, specific safe work practices, and personal protective equipment (PPE) normally required when handling untreated wastewater. No additional COVID-19–specific protections are recommended for workers involved in wastewater management, including those at wastewater treatment facilities.

6) If my utility has issued a Boil Water Advisory, can I still use tap water to wash my hands?

In most cases, it is safe to wash your hands with soap and tap water during a Boil Water Advisory. Follow the guidance issued with the boil water advisory. If soap and water are not available, use an alcohol-based hand sanitizer containing at least 60% alcohol.

For additional information:

CDC: Guidance for reducing health risks to workers handling human waste or sewage

CDC: Healthcare professionals: Frequently asked questions and answers

CDC: Healthy Water

Occupational Safety and Health Administration: COVID-19 Control and Prevention: Solid waste and wastewater management workers and employer

World Health Organization: Water, sanitation, hygiene and waste management for COVID-19
Travel Within Missouri and the United States

1) What is some basic advice about travel by car and air?

COVID-19 cases and deaths have been reported in all 50 states, and the situation is constantly changing. Because travel increases your chances of getting infected and spreading COVID-19, staying home is the best way to protect yourself and others from getting sick.

CDC recommends you stay home as much as possible, especially if your trip is not essential, and practice social distancing especially if you are at higher risk of severe illness. Don’t travel if you are sick or travel with someone who is sick.

2) What things should I consider if I must travel?

CDC recommends you stay home as much as possible and avoid close contact, especially if you are at higher risk of severe illness. If you must travel, there are several things you should consider before you go.

Travel increases your chances of getting and spreading COVID-19. We don’t know if one type of travel is safer than others; however, airports, bus stations, train stations, and rest stops are all places travelers can be exposed to the virus in the air and on surfaces. These are also places where it can be hard to social distance (keep 6 feet apart from other people).

Consider the following risks for getting or spreading COVID-19, depending on how you travel:

- **Air travel:** Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.

- **Bus or train travel:** Traveling on buses and trains for any length of time can involve sitting or standing within 6 feet of others.

- **Car travel:** Making stops along the way for gas, food, or bathroom breaks can put you and your traveling companions in close contact with other people and surfaces.

- **RV travel:** You may have to stop less often for food or bathroom breaks, but RV travel typically means staying at RV parks overnight and getting gas and supplies at other public places. These stops may put you and those with you in the RV in close contact with others.

3) Do stay at home orders issued by city or county governments require returning domestic travelers to stay at home for 14 days?

CDC recommends you stay home as much as possible and avoid close contact, especially if you are at higher risk of severe illness. If you must travel, follow any state and local travel restrictions currently in place. It is possible that some state and local governments may put in place travel restrictions, stay-at-home or shelter-in-place orders, mandated quarantines upon
Travel Within Missouri and the United States

arrival, or even state border closures while you are traveling. For more information and travel guidance, check with the state or local health department where you are, along your route, and at your planned destination. Just because there are no restrictions at the time you plan to leave does not mean there won’t be restrictions in place when you arrive.

4) What precautions should I take if I have to stay in temporary accommodations like a hotel, motel or rental properties?

CDC recommends you stay home as much as possible and avoid close contact, especially if you are at higher risk of severe illness. Staying in temporary accommodations (hotels, motels, and rental properties) may expose you to the virus through person-to-person contact and possibly through contact with contaminated surfaces and objects.

If you must stay in a hotel, motel, or rental property:

- Take the same steps you would in other public places—for example, avoid close contact with others, wash your hands often, and wear a cloth face covering.
- When you get to your room or rental property, clean and disinfect all high-touch surfaces. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, remote controls, toilets, and sink faucets.
  - Bring an EPA-registered disinfectant and other personal cleaning supplies, including cloths and disposable gloves.
- Wash any plates, cups, or silverware (other than pre-wrapped plastic) before using.

5) What factors should I consider if I must take a road trip?

CDC recommends you stay home as much as possible and practice social distancing, especially if you are at higher risk of severe illness. However, if you must travel, be aware that many businesses (such as restaurants and hotels) may be closed.

Anticipate your needs before you go:

- Prepare food and water for the road. Pack non-perishables in case restaurants and stores are closed.
- Bring any medicines you may need for the duration of your trip.
- Pack a sufficient amount of alcohol-based hand sanitizer (at least 60% alcohol) and keep it in a place that is readily available.
- Book accommodations in advance if you must stay somewhere overnight.
  - Plan to make as few stops as possible, but make sure you rest when you feel drowsy or sleepy.
  - Bring an EPA-registered disinfectant and other personal cleaning supplies.

Don’t travel if you are sick or plan to travel with someone who is sick.

If you must travel, protect yourself and others during your trip:
Travel Within Missouri and the United States

- Clean your hands often.
  - Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
  - Avoid touching your eyes, nose, and mouth.
- Avoid close contact with others.
  - Keep 6 feet of physical distance from others at all times.
  - This is especially important if you are at higher risk of getting very sick from COVID-19.
- Wear a cloth face covering in public.
- Cover coughs and sneezes.
- Pick up food at drive-throughs, curbside restaurant service, or stores. Do not dine in restaurants if that is prohibited by state or local guidance.

6) Can traveling to visit family or friends increase my chances of getting and spreading COVID-19?

Yes. Travel increases your chances of getting and spreading COVID-19. Before you travel, learn if coronavirus is spreading in your local area or in any of the places you are going. Traveling to visit family may be especially dangerous if you or your loved ones are more likely to get very ill from COVID-19. People at higher risk for severe illness need to take extra precautions.

Although it can be hard to remain apart from loved ones during challenging or stressful times, try to connect with them in other ways, using video chats or phone calls.

7) Does traveling to campgrounds or going camping pose any risks?

Yes. Going camping at a time when much of the United States is experiencing community spread of COVID-19 can pose a risk to you if you come in close contact with others or share public facilities (like restrooms or picnic areas) at campsites or along the trails. Exposure may be especially unsafe if you are more likely to get very ill from COVID-19 and are planning to be in remote areas, without easy access to medical care. Also be aware that many local, state, and national public parks have been temporarily closed due to COVID-19.
Children and COVID-19

1) What is the risk of my child becoming sick with COVID-19?

Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date. However, a few children have developed multisystem inflammatory syndrome (MIS-C). Currently, information about this syndrome is limited. CDC is working with state and local health departments to learn more about MIS-C.

2) How can I protect my child from COVID-19 infection?

You can encourage your child to help stop the spread of COVID-19 by teaching them to do the same things everyone should do to stay healthy.

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue and throw the tissue in the trash.
- 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.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Clean and disinfect frequently touched surfaces and objects (e.g., tables, countertops, light switches, doorknobs, and cabinet handles).

You can find additional information on preventing COVID-19 at Prevention for 2019 Novel Coronavirus and at Preventing COVID-19 Spread in Communities. Additional information on how COVID-19 is spread is available at How COVID-19 Spreads.

More information on Children and Coronavirus Disease 2019 (COVID-19) is available online.

3) Are the symptoms of COVID-19 different in children than in adults?

No. The symptoms of COVID-19 are similar in children and adults. COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems.

CDC and partners are investigating cases of multisystem inflammatory syndrome in children (MIS-C) associated with COVID-19. Learn more about COVID-19 and multisystem inflammatory syndrome in children (MIS-C).

4) Should children wear face coverings?

CDC recommends that everyone 2 years and older wear a cloth face covering that covers their nose and mouth in public settings when around people not living in your household, particularly
where other social distancing measures are difficult to maintain. Cloth face coverings should NOT be put on babies or children younger than 2 because of the danger of suffocation. Children younger than 2 years of age are listed as an exception as well as anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the face covering without assistance.

Wearing cloth face coverings is a public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning, and other everyday preventive actions. A cloth face covering is not intended to protect the wearer but may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. Medical face masks and N95 respirators are still reserved for healthcare personnel and other first responders, as recommended by current CDC guidance.

A video demonstrating how to make a face cover at home is available at: https://youtu.be/tPx1yqvJgf4

5) What is multisystem inflammatory syndrome in children (MIS-C) and who is at risk?

Multisystem inflammatory syndrome in children (MIS-C) is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. We do not yet know what causes MIS-C. However, we know that many children with MIS-C had the virus that causes COVID-19, or had been around someone with COVID-19. MIS-C can be serious, even deadly, but most children who were diagnosed with this condition have gotten better with medical care.

Contact your child’s doctor, nurse, or clinic right away if your child is showing symptoms of MIS-C. Seek emergency care right away if your child is showing any of these emergency warning signs of MIS-C or other concerning signs.
1) How do people react to stressful situations like the COVID-19 pandemic?

Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use
- Caregivers—someone caring for elderly family or friends, disabled individuals, or young children
- Non-english speaking individuals

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- 911
- Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- Suicide Lifeline 1-800-273-8255

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

2) What steps can I take to cope with the stress?

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Establish a routine and stick with it—get up at the same time every day, continue to take a shower and get dressed; eat at normal meal times, etc.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
3) What can parents or caregivers do to reduce stress in children?

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include

- Excessive crying or irritation in younger children
- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

4) What can responders do to reduce the stress they may experience?

Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions:

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
Mental Health

- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

5) What feelings may people who have just been released from quarantine experience?

Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings include:

- Mixed emotions, including relief after quarantine
- Fear and worry about your own health and the health of your loved ones
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes
- Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine.

6) Who can people call if they are feeling anxious or troubled by the COVID-19 situation?

For people feeling anxious or troubled by COVID-19 who would like to talk with a mental health professional about it, the federal Disaster Distress Helpline is a good place for them to call or text:

Call (toll free): 1-800-985-5990 or
Text TalkWithUs to 66746

Link for additional information on the Disaster Distress Helpline:
https://www.samhsa.gov/find-help/disaster-distress-helpline

7) Who can people call if they are exhibiting signs of more serious mental illness or substance use issues?

For people exhibiting signs of more serious mental illness or substance use, the DMH network of Access Crisis Intervention (ACI) hotlines can respond in a variety of ways, and all are in some way connected with community mental health centers:

Link for additional information and phone numbers for the ACI hotlines:
https://dmh.mo.gov/mental-illness/program-services/behavioral-health-crisis-hotline
In Case of an Outbreak In Your Community

1) What should I do if there is an outbreak in my community?

During an outbreak, stay calm and put your preparedness plan to work. Follow the steps below:

**Protect yourself and others.**

- Stay home if you are sick. Keep away from people who are sick. Limit close contact with others as much as possible (about 6 feet).

**Put your household plan into action.**

- **Stay informed about the local COVID-19 situation.** Be aware of temporary school dismissals in your area, as this may affect your household’s daily routine.
- **Continue practicing everyday preventive actions.** Cover coughs and sneezes with a tissue and wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains 60% alcohol. Clean frequently touched surfaces and objects daily using a regular household detergent and water.
- **Notify your workplace as soon as possible if your regular work schedule changes.** Ask to work from home or take leave if you or someone in your household gets sick with COVID-19 symptoms, or if your child’s school is dismissed temporarily. Learn how businesses and employers can plan for and respond to COVID-19.
- **Stay in touch with others by phone or email.** If you have a chronic medical condition and live alone, ask family, friends, and health care providers to check on you during an outbreak. Stay in touch with family and friends, especially those at increased risk of developing severe illness, such as older adults and people with severe chronic medical conditions.

2) How do I prepare my children in case of COVID-19 outbreak in our community?

Outbreaks can be stressful for adults and children. When you talk with your children about the outbreak, try to stay calm, and reassure them that they are safe. Talk to your children about COVID-19 and help them cope with stress.

3) What steps should parents take to protect children during a community outbreak?

This is a new virus and we are still learning about it, but so far, there does not seem to be a lot of illness in children. Most illness, including serious illness, is happening in adults of working age and older adults. However, children do get the virus and become ill. Many schools across the country have announced dismissals for temporary periods. Keep track of school dismissals in your community. Read or watch local media sources that report school dismissals. If schools are dismissed temporarily, use alternative childcare arrangements, if needed.

If your child/children become sick with COVID-19, notify their childcare facility or school. Talk with teachers about classroom assignments and activities they can do from home to keep up with their schoolwork.
Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.

4) Will schools be dismissed if there is an outbreak in my community?

Depending on the situation, public health officials may recommend community actions to reduce exposures to COVID-19, such as school dismissals. Read or watch local media sources that report school dismissals or and watch for communication from your child’s school. If schools are dismissed temporarily, discourage students and staff from gathering or socializing anywhere, like at a friend’s house, a favorite restaurant, or the local shopping mall.

5) Should I go to work if there is an outbreak in my community?

Follow the advice of your local health officials. Stay home if you can. Talk to your employer to discuss working from home, taking leave if you or someone in your household gets sick with COVID-19 symptoms, or if your child’s school is dismissed temporarily. Employers should be aware that more employees may need to stay at home to care for sick children or other sick family members than is usual in case of a community outbreak.
School Dismissals and Children

1) Can my child hang out with their friends?

- The key to slowing the spread of COVID-19 is to practice social distancing. While school is out, children should not have playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household.
- Make sure children practice everyday preventive behaviors, such as washing their hands often with soap and water. Remember, if children meet outside of school in bigger groups, it can put everyone at risk.

2) How can I help my child continue learning?

- Stay in touch with your child’s school.
  - Many schools are offering lessons online (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work. You may need to assist your child with turning on devices, reading instructions, and typing answers.
- Create a schedule and routine for learning at home, but remain flexible.
  - Consider the needs and adjustment required for your child’s age group.
    - The transition to being at home will be different for preschoolers, K-5, middle school students, and high school students. Talk to your child about expectations and how they are adjusting to being at home versus at school.
- Look for ways to make learning fun.

3) Will kids have access to meals?

- Check with your school on plans to continue meal services during the school dismissal. Many schools are keeping school facilities open to allow families to pick up meals or are providing grab-and-go meals at a central location.

4) How can I keep my family healthy?

- Watch your child for any signs of illness.
  - If you see any sign of illness consistent with symptoms of COVID-19, particularly fever, cough, or shortness of breath, call your healthcare provider and keep your child at home and away from others as much as possible. Follow CDC’s guidance on “What to do if you are sick.”
- Teach and reinforce everyday preventive actions.
  - Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.
  - Be a good role model—if you wash your hands often, they’re more likely to do the same.
School Dismissals and Children

- **Help your child stay active.**
  - Make handwashing a family activity.
  - Encourage your child to play outdoors—it’s great for physical and mental health. Take a walk with your child or go on a bike ride.
  - Use indoor activity breaks (e.g., stretch breaks, dance breaks) throughout the day to help your child stay healthy and focused.
- **Help your child stay socially connected.**
  - Help your child reach out to friends and family via phone or video chats.
  - Help your child write cards or letters to family members they may not be able to visit.
- **Watch for signs of stress in your child.**
  - Some common changes to watch for include excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty with attention and concentration. For more information, see the “For Parents” section on CDC’s website, Manage Anxiety and Stress.
  - Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
  - Go to CDC’s Helping Children Cope with Emergencies or Talking with Children About COVID-19 for more information.
  - Some schools and non-profits, such as the Collaborative for Academic, Social, and Emotional Learning external icon and The Yale Center for Emotional Intelligence external icon, have resources for social and emotional learning. Check to see if your school has tips and guidelines to help support social and emotional needs of your child.

5) While school’s out, should I limit time my children’s time with older adults, including relatives, and people with chronic medical conditions?

- **Older adults and people who have serious chronic medical conditions** are at highest risk of getting sick from COVID-19.
  - If others in your home are at particularly high risk for severe illness from COVID-19, consider extra precautions to separate your child from those people.
  - If you are unable to stay home with your child during school dismissals and someone at higher risk for COVID-19 will be providing care (e.g., older adult, such as a grandparent or someone with a serious underlying medical condition), limit your children’s contact with those people.
  - Consider postponing visits or trips to see older family members and grandparents. Connect virtually or by writing letters and sending via mail
1) Do I need to test for COVID-19 on a deceased body?

Unless COVID-19 was clinically suspected, there is no reason to test. In such a scenario, the reason to test a deceased body is to determine cause of death when testing was not done pre-mortem and manage exposed contacts that occurred prior to the death. Additional guidance on post-mortem specimen collection can be found at: https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-postmortem-specimens.html

To inquire about testing through the Missouri State Public Health Laboratory or the CDC, the coroner or medical examiner would need to follow the same protocol utilized by other healthcare providers in order to receive approval for testing which is to call the Missouri Novel Coronavirus Information Hotline and select Option 2. The clinical information or contact exposure information that makes the person eligible for testing by the Missouri State Public Health Laboratory would still apply. Without having this information, the person is not eligible for testing through public health.
1) Who should people contact if they want to make or sell or donate PPE or ventilators?

People should go to the Department of Economic Development (DED) website at: https://ded.mo.gov/howtohelp The link will take them to a webpage where they should fill-in the requested information.

2) Who should businesses contact if they want to make or create something to help with the pandemic response?

Calls from businesses that want to make or create something to assist with the pandemic response should be directed to Stacy Kempker in DCPH at Stacy.kempker@health.mo.gov
1) What is being recommended for cloth face coverings?
In accordance with Centers for Disease Control and Prevention (CDC) guidance, it is recommended that all individuals in the State of Missouri wear a cloth face covering when in a public setting where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. Due to a nationwide shortage of facemasks (also known as surgical masks) and N-95 respirators, these should be reserved for healthcare workers and others in direct contact with known or suspected COVID-19 patients.

2) Why is this being recommended now?
Studies are beginning to show that individuals in close proximity to others may transmit the virus that causes COVID-19 without having developed symptoms themselves. Homemade cloth face coverings offer some degree of protection against large infectious droplets, such as mucus or saliva, when speaking, sneezing, or coughing. This particularly protects those around the person wearing the face covering and helps people who may have the virus and do not know it from transmitting it to others. Face coverings may also limit the wearer from touching their own mouth and nose.

3) How should I wear a cloth face covering?
A cloth face covering should fit snugly but comfortably over the mouth and nose and against the side of the face, and be secured with ties or ear loops.

4) How do I make a cloth face covering?
A cloth face covering should include multiple layers of fabric but still allow for breathing without restriction (generally 3-4 or fewer layers). It should also be able to be laundered and machine dried without damage or change to shape. The CDC has a good resource for making a cloth face covering here: https://www.cdc.gov/coronavirus/2019-ncov/downloads/DIY-cloth-face-covering-instructions.pdf. Numerous other sources are available on the internet. Various materials have been tested to see how well they filter particles and typical materials around the house, like a pillow case or cotton t-shirt, have been shown to block some particles and provide some protection.

5) How do I take off and clean my face covering?
Individuals should be careful not to touch their eyes, nose, or mouth when removing their cloth face covering. Handle only by the ear loops or ties. Remove when hand washing or hand sanitizer is available to immediately perform hand hygiene after removing. Routine laundering of the face covering is recommended.

6) What else should I be doing to limit the spread of COVID-19?
If you must be in public settings, face coverings should be used in conjunction with the other health recommendations already in place, such as maintaining 6 feet distance from other people, using proper cough/sneeze etiquette, frequent hand-washing, and avoiding touching your eyes, nose and mouth. Individuals who are sick, or have close contact with someone who is sick, should stay home.

7) What precautions should I know about?
Cloth Face Coverings

Even simple cloth face coverings can make it harder to breathe. Individuals should take care not to use materials or excessive layers that restrict breathing ability. All individuals should take care to monitor their own health while wearing a mask or face covering, and consult a doctor with any concerns.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. If you are a caregiver for an individual with the virus, every attempt should be made to get a surgical facemask or N-95 respirator.

8) How should an employer use this guidance?
Identifying and mitigating exposures to the virus that causes COVID-19 before work begins should be an initial step taken in any facility. Engineering and administrative controls that prevent or reduce exposures should be used with any policy that considers use of face coverings by employees. Face covering use does not replace good business practices to maintain a healthy work environment, including encouraging sick employees to stay home, supporting good respiratory etiquette and hand hygiene, and performing routine environmental cleaning and disinfection. Employee policies should include considerations for good contamination control as well as employee’s medical conditions that may preclude use of face coverings. Consult with infection control, industrial hygiene, or a public health agency for guidance or facility-specific recommendations.
1) Where can I get data on the number of cases of COVID-19 in Missouri?

Please visit the DHSS website at health.mo.gov and click on COVID-19 or follow this link: https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/results.php

2) Why do some state’s COVID-19 case numbers sometimes differ from what is posted on CDC’s website?

CDC’s overall case numbers are validated through a confirmation process with jurisdictions. The process used for finding and confirming cases displayed by different places may differ.

3) How do CDC’s COVID-19 case numbers compare with those provided by the World Health Organization (WHO) or Johns Hopkins?

CDC’s COVID-19 case numbers include many publicly reported numbers, including information from state, local, territorial, international and external partners.

4) Why do the number of cases listed on the CDC’s webpage for previous days increase?

Delays in reporting can cause the number of COVID-19 cases reported on previous days to increase. (Sometimes this effect is described as “backfill.”) State, local, and territorial health departments report the number of cases that have been confirmed and share these data with CDC. Since it takes time to conduct laboratory testing, cases from a previous day may be added to the daily counts a few days late.
Testing Sites Information

1) Where can I find a list of private test sites?

Please visit the DHSS website at health.mo.gov and click on “learn about COVID-19 under the “How do I…” header and then on Missouri Testing Sites or follow this link: https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/mobile-testing.php

2) Who can I contact about test results for tests done at private test sites?

Please contact the medical provider who operated the test site to get your results.
1) Does CDC recommend use of facemasks or respirators for healthcare personnel (HCP) caring for pregnant patients with known or suspected COVID-19 infection?

When available, respirators (or facemasks if a respirator is not available), eye protection, gloves, and gowns should be used for the care of patients with known or suspected COVID-19 infection, including women who are pregnant. For more information, please see Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19) in Healthcare Settings.

2) How should the use of N95 respirators be prioritized within obstetric healthcare settings during shortages?

During respirator shortages, care should be taken to ensure that N95 respirators are reserved for situations where respiratory protection is most important, such as performance of aerosol-generating procedures on patients with suspected or confirmed COVID-19 infection. In such shortage situations, facemasks might be used for other types of patient care.

Alternatives to N95 respirators might be considered where feasible. These include other classes of NIOSH-approved filtering facepiece respirators, half facepiece or full facepiece elastomeric respirators, and powered air-purifying respirators (PAPRs) where feasible. All of these alternatives will provide equivalent or higher protection than N95 respirators when properly worn. However, PAPRs and elastomeric respirators should not be used in surgical settings due to concerns that exhaled air may contaminate the sterile field. For more information please see: Strategies for Optimizing the Supply of N95 Respirators: Conventional Capacity Strategies.

When respirator supplies are restored, the facility can switch back to use of N95 respirators for all care of patients with known or suspected COVID-19 infection. For more information, please see Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19) in Healthcare Settings.

3) Is forceful exhalation during the second stage of labor considered an aerosol-generating procedure for respirator prioritization during shortages?

Based on limited data, forceful exhalation during the second stage of labor would not be expected to generate aerosols to the same extent as procedures more commonly considered to be aerosol generating (such as bronchoscopy, intubation, and open suctioning. Forceful exhalation during the second stage of labor is not considered an aerosol-generating procedure for respirator prioritization during shortages over procedures more likely to generate higher concentrations of infectious respiratory aerosols.

When respirator supplies are restored, as with all clinical care activities for patients with known or suspected COVID-19, HCP should use respirators (or facemasks if a respirator is not available), eye protection, gloves, and gowns during the second stage of labor, in addition to other personal protective equipment that may be typically indicated for labor and delivery. For more information please see: Healthcare Infection Prevention and Control FAQs
4) Is use of high-flow oxygen considered an aerosol-generating procedure for respirator prioritization during shortages?

Based on limited data, high-flow oxygen use is not considered an aerosol-generating procedure for respirator prioritization during shortages over procedures more likely to generate higher concentrations of infectious respiratory aerosols (such as bronchoscopy, intubation, and open suctioning). Patients with known or suspected COVID-19 should receive any interventions they would normally receive as standard of care. When respirator supplies are restored, as with all clinical care activities for patients with known or suspected COVID-19, respirators (or facemasks if a respirator is not available), eye protection, gloves, and gowns should be used by HCP for the care of pregnant patients with known or suspected COVID-19. For more information please see: Healthcare Infection Prevention and Control FAQs

5) Should intrapartum fever be considered as a possible sign of COVID-19 infection?

Clinicians should use their judgment to determine if a patient has signs and symptoms compatible with COVID-19 and whether the patient should be tested. Fever is the most commonly reported sign; most patients with confirmed COVID-19 have developed fever and/or symptoms of acute respiratory illness (cough, difficulty breathing).

Data regarding COVID-19 in pregnancy are limited; according to current information, presenting signs and symptoms are expected to be similar to those for non-pregnant patients, including the presence of fever.

Other considerations that may guide testing are epidemiologic factors such as the occurrence of local community transmission of COVID-19 infections. As part of evaluation, clinicians are strongly encouraged to test for other causes of respiratory illness and peripartum fever. For more information please see: Evaluating and Testing Persons for Coronavirus Disease 2019 (COVID-19)

6) What guidance is available for labor and delivery HCP with potential exposure in a healthcare setting to patients with COVID-19 infection?

HCP in labor and delivery healthcare settings should follow the same infection prevention and control recommendations and personal protective equipment recommendations as all other HCP. If HCP are exposed to patients with COVID-19 infection, guidance is available for HCP and healthcare facilities on steps to take. For more information, please see: Interim U.S. Guidance for Risk Assessment and Public Health Management of Healthcare Personnel with Potential Exposure in a Healthcare Setting to Patients with Coronavirus Disease (COVID-19)
Plasma Donations

1) What is the purpose of donating plasma?
Historically, convalescent plasma has been used to prevent or treat new viral diseases when other treatments or vaccines were not available. People who have fully recovered from COVID-19 have antibodies in their plasma that can work against the virus.

The plasma obtained from the blood of people who recovered from COVID-19 (convalescent plasma) is being evaluated as treatment for patients with serious or immediately life-threatening COVID-19 infections or those judged by a health care provider to be at high risk of progression to severe or life-threatening disease. Blood specimens may also be used to better understand patients’ immune responses to COVID-19 to assist development of new therapies and vaccines.

2) Who can be evaluated for eligibility to donate plasma?
Those who are fully recovered from a verified coronavirus (COVID-19) diagnosis can contact the health care institution in their area to be evaluated for eligibility. These are unpaid, voluntary donations.

3) Who should I contact about donating plasma?
Interested candidates are encouraged to reach out to the nearest participating provider for instructions. More partners are expected to be added to this project in the coming days and weeks.

- **Cape Girardeau**
  - Red Cross
- **Columbia**
  - MU Health, Physicians can register patients or patients can register here with the American Red Cross
- **Jefferson City**
  - Red Cross
- **Kansas City**
- **Springfield**
  - CoxHealth, CoxHealthAccountableCare@coxhealth.com, 417-269-6756
  - Mercy, Community Blood Center of the Ozarks, Red Cross
- **St. Joseph**
  - Community Blood Center of Greater Kansas City
- **St. Louis**
  - Washington University School of Medicine, IDCRU@wustl.edu, 314-454-0058
  - Mercy, Mississippi Valley Regional Blood Center and the American Red Cross

4) Where can I get more information about plasma donation?
See the American Red Cross’s frequently asked questions about the COVID-19 convalescent plasma program.

More information can also be found at the National COVID-19 Convalescent Plasma Project website and the American Association of Blood Banks website.
1) Who is at higher risk for serious illness from COVID-19?

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, older adults and people with underlying medical conditions are at higher risk for severe illness from COVID-19.

People of any age with the following conditions are at increased risk of severe illness from COVID-19:

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

Based on what is known at this time, people with the following conditions might be at an increased risk for severe illness from COVID-19:

- Asthma (moderate-to-severe)
- Cerebrovascular disease (affects blood vessels and blood supply to the brain)
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state (weakened immune system) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Neurologic conditions, such as dementia
- Liver disease
- Pregnancy
- Pulmonary fibrosis (having damaged or scarred lung tissues)
- Smoking
- Thalassemia (a type of blood disorder)
- Type 1 diabetes mellitus

2) How were the underlying conditions selected?

The list of underlying conditions is meant to inform clinicians to help them provide the best care possible for patients, and to inform individuals as to what their level of risk may be so they can make individual decisions about illness prevention. We are learning more about COVID-19 every day. This list is a living document that may be updated at any time, subject to potentially rapid change as the science evolves.

3) What about underlying medical conditions that are not included on this list?
Groups at Higher Risk for Severe Illness

Based on available information, adults aged 65 years and older and people of any age with underlying medical conditions included on this list are at higher risk for severe illness and poorer outcomes from COVID-19. CDC is collecting and analyzing data regularly and will update the list when we learn more. People with underlying medical conditions not on the list might also be at higher risk and should consult with their healthcare provider if they are concerned.

We encourage all people, regardless of risk, to:

- Take steps to protect yourself and others.
- Call your healthcare provider if you are sick with a fever, cough, or shortness of breath.
- Follow CDC travel guidelines and the recommendations of your state and local health officials.

4) What does well controlled mean?

Generally, well-controlled means that your condition is stable, not life-threatening, and laboratory assessments and other findings are as similar as possible to those without the health condition. You should talk with your healthcare provider if you have a question about your health or how your health condition is being managed.

5) What does more severe illness mean?

Severity typically means how much impact the illness or condition has on your body’s function. You should talk with your healthcare provider if you have a question about your health or how your health condition is being managed.

6) Are people with disabilities at higher risk?

Most people with disabilities are not inherently at higher risk for becoming infected with or having severe illness from COVID-19. Some people with physical limitations or other disabilities might be at a higher risk of infection because of their underlying medical condition.

People with certain disabilities might experience higher rates of chronic health conditions that put them at higher risk of serious illness and poorer outcomes from COVID-19.

- Adults with disabilities are three times more likely to have heart disease, stroke, diabetes, or cancer than adults without disabilities.

You should talk with your healthcare provider if you have a question about your health or how your health condition is being managed.

7) What should people at higher risk of serious illness with COVID-19 do?

If you are at higher risk for severe illness from COVID-19, you should:

- Limit your interactions with other people as much as possible.
Groups at Higher Risk for Severe Illness

- Take precautions to prevent getting COVID-19 when you do interact with others.
- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.
- Keep these items on hand and use them when venturing out: a cloth face covering, tissues, and a hand sanitizer with at least 60% alcohol, if possible.
- If possible, avoid others who are not wearing cloth face coverings or ask others around you to wear cloth face coverings.
- Delay or cancel a visit if you or your visitors have symptoms of COVID-19 or have been exposed to someone with COVID-19 in the last 14 days.
- Anyone who has had close contact with a person with COVID-19 should stay home and monitor for symptoms.
- Continue your medicines and do not change your treatment plan without talking to your healthcare provider.
- Have at least a 30-day supply of prescription and non-prescription medicines.
- Do not delay getting emergency care for your underlying medical condition because of COVID-19. Emergency departments have contingency infection prevention plans to protect you from getting COVID-19 if you need care.

8) Am I at higher risk if I have moderate to severe asthma and what actions should I take?

COVID-19 can affect your respiratory tract (nose, throat, lungs), cause an asthma attack, and possibly lead to pneumonia and serious illness. You should take the following actions:

- Follow your Asthma Action Plan.
- Keep your asthma under control.
- Continue your current medications, including any inhalers with steroids in them (“steroids” is another word for corticosteroids).
- Know how to use your inhaler.
- Avoid your asthma triggers.
- If possible, have another member of your household who doesn’t have asthma clean and disinfect your house for you. When they use cleaning and disinfecting products, have them:
  - Make sure that people with asthma are not in the room.
  - Minimize use of disinfectants that can cause an asthma attack.
  - Open windows or doors and use a fan that blows air outdoors.
  - Always follow the instructions on the product label.
  - Spray or pour spray products onto a cleaning cloth or paper towel instead of spraying the product directly onto the cleaning surface (if the product label allows).

9) Am I at higher risk if I have chronic lung disease and what actions should I take?

Based on data from other viral respiratory infections, COVID-19 might cause flare-ups of chronic lung diseases, such as COPD, idiopathic pulmonary fibrosis, and cystic fibrosis, leading to severe illness. You should take the following actions:
Groups at Higher Risk for Severe Illness

- Keep taking your current medications, including those with steroids in them ("steroids" is another word for corticosteroids).
- Avoid triggers that make your symptoms worse.

10) Am I at higher risk if I have diabetes and what actions should I take?

People with diabetes whose blood sugar levels are often higher than their target are more likely to have diabetes-related health problems. Those health problems can make it harder to overcome COVID-19. You should take the following actions:

- Continue taking your diabetes pills and insulin as usual.
- Test your blood sugar every four hours and keep track of the results.
- Make sure that you have at least a two-week supply of your diabetes pills and insulin.
- Follow the sick day guidelines for people with diabetes.

11) Am I at higher risk if I have a serious heart condition and what actions should I take?

COVID-19, like other viral illnesses such as the flu, can damage the respiratory system and make it harder for your heart to work. For people with heart failure and other serious heart conditions (coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension) this can lead to a worsening of COVID-19 symptoms. You should take the following actions:

- Take your medication exactly as prescribed. Continue angiotensin converting enzyme inhibitors (ACE-I) or angiotensin-II receptor blockers (ARB) as prescribed by your healthcare provider for indications such as heart failure or high blood pressure. This is recommended by current clinical guidelines.
- Make sure that you have at least a two-week supply of your heart disease medications (such as those to treat high cholesterol and high blood pressure).
- People with hypertension should continue to manage and control their blood pressure and take their medication as directed.

12) Am I at higher risk if I have a chronic kidney disease and what actions should I take?

Patients with chronic kidney disease being treated by dialysis are more prone to infection and severe illness because of weakened immune systems; treatments and procedures to manage kidney failure; and coexisting conditions such as diabetes. You should take the following actions:

- If you are on dialysis, you should NOT miss your treatments.
- Contact your dialysis clinic and your healthcare provider if you feel sick or have concerns.
- Plan to have enough food on hand to follow the KCER 3-Day Emergency Diet Plan for dialysis patients in case you are unable to maintain your normal treatment schedule.

13) Am I at higher risk if I am severely obese and what actions should I take?
Severe obesity (body mass index of 40 or above) increases the risk of a serious breathing problem called acute respiratory distress syndrome (ARDS), which is a major complication of COVID-19 and can cause difficulties with a doctor’s ability to provide respiratory support for seriously ill patients. People living with severe obesity can have multiple serious chronic diseases and underlying health conditions that can increase the risk of severe illness from COVID-19. You should take the following actions:

- Take your medications for any underlying health conditions exactly as prescribed.

14) Am I at higher risk if I am aged 65 years and older and what actions should I take?

Although COVID-19 can affect any group, the older you are, the higher your risk of serious disease. Eight out of 10 deaths reported in the U.S. have been in adults 65 years or older; risk of death is highest among those 85 years or older. The immune systems of older adults weaken with age, making it harder to fight off infections. Also, older adults commonly have chronic diseases that can increase the risk of severe illness from COVID-19. You should take the following actions:

- Take your medications for any underlying health conditions exactly as prescribed.
- Follow the advice of your healthcare provider.
- Develop a care plan that summarizes your health conditions and current treatments.
- Prepare yourself to stay home for long periods using this checklist

15) Am I at higher risk if I live in a nursing home or long-term care facility and what actions should I take?

The communal nature of nursing homes and long-term care facilities, and the population served (generally older adults often with underlying medical conditions), put those living in nursing homes at higher risk of infection and severe illness from COVID-19. You should take the following actions:

- Carefully follow your facility’s instructions for infection prevention.
- Notify staff right away if you feel sick.
- Ask your caretakers about the actions that are being taken at your nursing home or long-term care facility to protect you and your loved ones, including if and how they are limiting visitors.

16) Am I at higher risk if I am immunocompromised and what actions should I take?

People with a weakened immune system have reduced ability to fight infectious diseases, including viruses like COVID-19. Knowledge is limited about the virus that causes COVID-19, but based on similar viruses, there is concern that immunocompromised patients may remain infectious for longer than other COVID-19 patients. You should take the following actions:

- If you are immunocompromised, continue any recommended medications or treatments and follow the advice of your healthcare provider.
Groups at Higher Risk for Severe Illness

- Call your healthcare provider if you have concerns about your condition or feel sick.

17) Am I at higher risk if I have liver disease and what actions should I take?

Severe illness caused by COVID-19 and the medications used to treat some severe consequences of COVID-19 can cause strain on the liver, particularly for those with underlying liver problems. People living with serious liver disease can have a weakened immune system, leaving the body less able to fight COVID-19. You should take the following actions:

- Take your medications exactly as prescribed

18) Are people with high blood pressure (hypertension) at higher risk from COVID-19?

- At this time, we do not think that people with high blood pressure and no other underlying health conditions are more likely than others to get severely ill from COVID-19. Although many people who have gotten severely ill from COVID-19 have high blood pressure, they are often older or have other medical conditions like obesity, diabetes, and serious heart conditions that place them at higher risk of severe illness from COVID-19.
- If you have high blood pressure, it’s critically important that you keep your blood pressure under control to lower your risk for heart disease and strokes. Take your blood pressure medications as directed, keep a log of your blood pressure every day if you are able to take your blood pressure at home, and work with your healthcare team to make sure your blood pressure is well controlled. Any changes to your medications should be made in consultation with your healthcare team.
- Continue to take your blood pressure medications exactly as prescribed and make lifestyle modifications agreed upon in your treatment plan. Continue all your regular medications, including angiotensin-converting enzyme inhibitors (ACE-Is) or angiotensin receptor blockers (ARBs), as prescribed by your healthcare team. This is recommended by current clinical guidelines from the American Heart Association, the Heart Failure Society of America, and the American College of Cardiology.
1) Is my child with an underlying medical condition or special healthcare need at higher risk for severe illness from COVID-19?

It’s not known yet whether all of these children are at higher risk for severe illness from COVID-19.

Although most COVID-19 cases in children are not severe, serious illness that needs to be treated at the hospital still happens. Some data on children reported that the majority who needed hospitalization for COVID-19 had at least one underlying medical condition. The most common underlying conditions reported among children with COVID-19 include chronic lung disease (including asthma), heart disease, and conditions that weaken the immune system. This information suggests that children with these underlying medical conditions may be at risk for more severe illness from COVID-19.

More data are needed to learn which underlying or complex medical conditions may put children at increased risk. CDC is monitoring new information as it becomes available and will provide updates as needed.

Learn more about caring for children with special health care needs during a disaster and people who are at higher risk for severe illness from COVID-19.

2) What additional steps should families that have a child with an underlying medical condition or special health care need take?

In addition to following the recommendations to prevent getting sick and running essential errands, families should take extra steps recommended for persons with higher risk of severe COVID-19 illness and steps outlined for those with potential COVID-19 exposure or confirmed illness.

- Identify potential alternative caregivers, if you or other regular caregivers become sick and are unable to care for your child. If possible, these alternative caregivers would not be at higher risk of severe illness from COVID-19 themselves.
- Try to have at least one month of medication and medical supplies on hand. Some health plans allow for a 90-day supply of prescription medications. Consider discussing this option with your child’s healthcare provider.
- Review any care plans for your child, such as an asthma action plan, and make sure caregivers and backup caregivers are familiar with these plans.
- If you do not have care plans or an emergency notebook, try to make them. They typically include important information about your child’s medical conditions, how to manage those conditions, how to get in touch with your child’s doctors, allergies, information on medications (names, dosages, and administration instructions), preferences (food and other) or special needs, daily routines and activities, friends, and details about routines that are important to support behavioral and emotional health.
- Learn if your child’s healthcare providers, including doctors and therapists, have new ways to be contacted or new ways of providing appointments. If they offer telemedicine visits, find out how those are arranged and any additional information you need.
Children and Youth with Special Healthcare Needs

- If your child receives any support care services in the home that need to be continued, make plans for what you will do if those direct care providers get sick, or if persons in your household are sick.
- Discuss with the support care agencies and the providers ways to minimize risk for exposure to the virus that causes COVID-19.
  - If your child or other persons in your household are sick with COVID-19 and are able to recover at home, inform your direct care providers and consider postponing or rescheduling services until the criteria for discontinuing home isolation have been met.
  - Ask service providers if they are experiencing any symptoms of COVID-19, or if they have been in contact with someone who has COVID-19.
  - Tell the service provider to:
    - Wear a cloth face covering if they will be close (less than 6 feet) to you or persons in your household. Their cloth face covering helps protect you if they are infected but do not have symptoms.
    - Ask them to wash their hands with soap and water or, if unavailable, use hand sanitizer with at least 60% alcohol when they enter your home, before and after helping your child (dressing, bathing/showering, transferring, toileting and/or diapering, feeding), after handling tissues, and after changing linens or doing laundry. Learn more about proper handwashing.
  - Service providers and families should:
    - Routinely clean and disinfect frequently touched objects and surfaces (counters, tablespots, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, bedside tables), and equipment such as wheelchairs, scooters, walkers, oxygen tanks and tubing, communication boards, and other assistive devices. Refer to CDC’s recommendations for Cleaning and Disinfecting Your Home.

3) What can I do if my child has difficulties adjusting to new routines and following recommendations?

Helping children understand and follow recommendations, like social distancing and wearing cloth face coverings, can be challenging if your child has intellectual disabilities, sensory issues, or other special healthcare needs.

- Keeping children at home and sheltering in place can lower stress created by social distancing and cloth face covering recommendations. Reach out to others for help in running essential errands.
- Behavioral techniques can be used to address behavioral challenges and to develop new routines. These include social stories, video modeling, picture schedules, and visual cues. Try rewarding your child in small ways with his or her favorite non-food treat or activities to help switch routines and to follow recommendations.
- Many of the organizations you turn to for information and support around your child’s complex, chronic medical condition may have information on their websites to help families address issues related to COVID-19.
Children and Youth with Special Healthcare Needs

- Your child’s therapist(s) and/or teachers may also have resources to help successfully introduce new routines to your child.

Additional information on caring for children and on child development specific conditions are available.

4) How can my family cope with the added stress?

Supporting children with special healthcare needs can put additional demands and stress on families, especially during emergency situations. You have likely found ways to manage the stress and challenges unique to your family’s situation. It is important to continue your family’s coping methods, including reaching out to other family members, friends, support groups, and organizations that have been helpful in the past.

See information on ways to cope with stress (such as visiting parks, trails, or open spaces) and making your family stronger.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call 911
- Visit the Disaster Distress Helplineexternal icon, call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the National Domestic Violence Hotlineexternal icon or call 1-800-799-7233 and TTY 1-800-787-3224

5) What if my child or someone else in the home is sick with symptoms of COVID-19?

If your child with special healthcare needs becomes sick with symptoms of COVID-19, contact your child’s healthcare provider. If your child has new or worsening emergency warning signs, such as trouble breathing, pain or pressure in the chest, confusion or inability to wake them up, or bluish lips or face, call 911. If you think your child may have COVID-19, notify the operator so that first responders may be appropriately prepared to protect themselves and others.

Notify your child’s healthcare provider if someone else in your house becomes sick with COVID-19, so they can provide any advice specific for your child.

See additional information if someone in the home is sick with COVID-19 or suspected of having COVID-19.

6) What if my child’s symptoms of their underlying medical condition or complex, chronic medical condition get worse?

- Call your child’s healthcare provider if you have any concerns about your child’s medical conditions. If you need emergency help, call 911.
- Emergency departments have infection prevention plans to protect you and your child from getting COVID-19 if your child needs care for medical conditions not related to
COVID-19. Do not delay getting emergency care for your child’s underlying condition or complex medical condition because you are afraid of getting exposed to COVID-19 when visiting the healthcare setting.

7) What if my child needs to go to the hospital?

If your child’s healthcare provider tells you to go to the hospital for any health problem, including COVID-19:

- Ask the healthcare provider to let the hospital know you are coming and to share the important information the hospital will need to know to care for your child.
- Visiting policies may have changed due to COVID-19. If your child's hospital policy does not allow an adult to stay with a child, ask your child’s healthcare provider for a statement explaining your child’s need for a familiar adult to be present.
- Bring your care plans/emergency notebook with you along with paper and pen to write down questions you have during your time at the hospital.
Show-Me Strong Recovery Plan

1) When did Phase II of the Show-Me Strong Recovery Plan start and are there statewide orders still in effect?

Phase 2 started on June 16, 2020, and there are no statewide health orders in effect. All statewide restrictions have been lifted, though local officials still have the authority to put further rules, regulations, or ordinances in place.

2) What are the general guidelines to re-open Missouri’s economy in the plan?

During Phase I, we can gradually start to reopen economic and social activity. This will be a deliberate process, and is flexible to adapt to the situation. Some communities may be able to reopen at a faster rate, while others may need to continue restrictions to keep the virus from spreading. During this time, we should limit our activity and interactions and continue to maintain social distancing and practice good hygiene to protect our neighbors and ourselves.

The plan to reopen the economy and get Missourians back to work is based on ensuring a healthy workforce by:

- Flattening the curve and expanding healthcare capacity, while utilizing federal programs and deploying state resources;
- Making decisions based on Missouri-specific data and medical expertise;
- Protecting healthcare workers, first responders, and other direct care workers so that our citizens have access to the care they need;
- Looking after our most vulnerable and at-risk populations;
- Partnering with community leaders and incorporating flexibility based on each community’s circumstances;
- Slowing and containing the spread of COVID-19; and
- Implementing a measured approach to mitigate risk of a resurgence.

3) What general guidelines for all Missourians are in the plan?

The Show Me Strong Recovery Plan recommends citizens maintain six feet of social distancing space in most cases. There are certain situations that require additional procedures to protect businesses, communities, and citizens.

It is recommended citizens continue to:

Stay home if they feel sick.

Practice good hygiene, such as:

- Washing hands with soap and water, or using hand sanitizer, especially after touching frequently used items or surfaces;
- Avoiding touching your face;
- Sneezing or coughing into a tissue, or the inside of your elbow; and
- Disinfecting frequently used items and surfaces as much as possible.
Show-Me Strong Recovery Plan

Avoid socializing in groups that do not readily allow for appropriate physical distancing (receptions, trade shows, etc.).

4) What general guidelines for Businesses are in the plan?

- It is recommended to implement basic infection prevention measures informed by industry best practices, regarding:
  - Protective equipment;
  - Temperature checks;
  - Testing, isolating, and contact tracing; and
  - Sanitation, including disinfection of common and high-traffic areas (entrances, breakrooms, locations where there is high-frequency employee interaction with the public/customers).

- Modify physical workspaces to maximize social distancing.

- Minimize business travel.

- Develop an infectious disease preparedness and response plan, including policies and procedures for workforce contact tracing when an employee tests positive for COVID-19.

- Monitor workforce for indicative symptoms. Do not allow symptomatic people to physically return to work until cleared by a medical provider.

- Develop, implement, and communicate about workplace flexibilities and protections, including:
  - Encouraging telework whenever possible and feasible with business operations;
  - Returning to work in phases and/or split shifts, if possible;
  - Limiting access to common areas where personnel are likely to congregate and interact; and
  - Ensuring that sick leave policies are flexible and consistent with public health guidance.

Social distancing requirements shall apply in all situations, including, but not limited to, when customers are standing in line or individuals are using shared indoor or outdoor spaces.

Social distancing requirements do not apply to individuals performing job duties that require contact with other people closer than six feet. They should take enhanced precautionary measures to mitigate the risks of contracting or spreading COVID-19.

Retail businesses shall limit the number of individuals in any particular location. Consult the Health Order and FAQs for additional details.
Show-Me Strong Recovery Plan

Restaurants may offer dining-in services, but must adhere to social distancing and other precautionary public health measures. Tables must be spaced at least six feet apart. Communal seating areas for parties that are not connected are prohibited. There can be no more than ten people at a single table. The continued use of drive-thru, pickup, or delivery options is encouraged.

5) What general guidelines for communities are in the plan?

The Show Me Strong Recovery Plan recommends citizens maintain six feet of social distancing space in most cases. There are certain situations that require additional procedures to protect businesses, communities, and citizens.

It is recommended that communities continue to:

Closely monitor and track the containment, spread, and any resurgence of COVID-19 and adjust plans as necessary.

Limit situations where citizens cannot maintain social distancing.

Facilitate widespread testing of symptomatic and asymptomatic citizens.

Work to protect the most vulnerable populations.

7) What if my job requires me to be within six feet (6’) of another employee and/or customer?

Businesses and employees should work together to implement public health and safety measures for employees and customers using the direction found below as a guide, in addition to any guidance provided by the Centers for Disease Control and Prevention (CDC).

Gyms and hotel swimming pools should also adhere to sanitation protocols.

8) My business has a public waiting room with congregate seating. Should I limit access to it?

Implementing a system where customers/citizens can wait inside their vehicles prior to entering the business is strongly encouraged, as are pre-scheduled appointments to minimize interaction between people. In situations where this is not feasible, such as public transit, medical offices, and parks, entities should develop public health and safety measures using the above direction as a guide, in addition to any guidance provided by the Centers for Disease Control and Prevention (CDC).

9) How do these guidelines affect non-emergency healthcare, such as a routine eye exam or dental care?

Medical providers, such as dentists and optometrists, may provide usual services at their discretion.
Medical providers are encouraged to continue to develop and implement public health and safety measures for employees and patients, using the above direction as a guide, in addition to any guidance provided by the Centers for Disease Control and Prevention (CDC).

Implementing a system where patients can wait inside their vehicles prior to entering the office is strongly encouraged, as are pre-scheduled and spaced out appointments to minimize interaction between people.

10) May food courts and restaurants open their dining rooms?

Yes. We are strongly encouraging restaurants to prioritize public health and safety by implementing measures including, but not limited to, regulating self-serve options such as salad bars and buffets, using disposable menus, and employee use of personal protective equipment if available.

The continued use of drive-thru, pickup, or delivery options is encouraged.

11) How do these guidelines apply to childcare facilities?

Daycares, childcare providers, or schools providing childcare for working families should continue to follow the CDC guidance targeted for those operations found at: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html.

12) May I attend service at my place of worship?

Yes. Common practices that may occur with worship services, such as hand shaking and shared communion cups, should be avoided. Places of worship are also encouraged to continue use of alternative means of services through streaming services and other opportunities.

13) Will I still be able to participate in my local parks and recreation organized activities and/or camps this summer?

Yes. Traditional summer activities such as utilizing aquatic facilities, community centers, fitness centers, libraries, organized athletics, and camps offer a variety of recreational opportunities for Missouri citizens. If these services are offered, we encourage adjustments be considered to mitigate the risks of contracting or spreading COVID-19 between participants, patrons, and staff, such as limiting the number of participants, modifying activities, restructuring programs, and increasing sanitization measures for facilities and participants.

14) Can I attend an event at a large venue or stadium, or go to a movie theater?

Yes. This also includes activities and events such as amusement parks and attractions, concerts, drive-ins, funerals, museums, school graduations and weddings.

15) Can my local health authority impose requirements to address COVID-19 in my community?
Show-Me Strong Recovery Plan

Yes. There is currently no state-wide public health order in place. Local health authorities retain their statutory and regulatory authority to establish public health orders as needed for businesses or individuals within their jurisdiction to address positive cases.

The only exception to this authority is the Order from the Director of the Department of Health and Senior Services dated March 24, 2020, removing the authority of a local health authority from closing or restricting the operations of a business which is a part of the food supply, whether that be agricultural production, manufacturing, distribution, or sale of food. This limited waiver does not limit the authority of a local health authority from closing or restricting the operations of a retail food establishment. In addition, the Director of the Department of Health and Senior Services may issue further orders as deemed necessary.

16) What enhanced precautionary measures could be taken to mitigate the risks of contracting or spreading COVID-19?

Businesses and employees should work together to implement public health and safety measures for employees and customers, including employee use of personal protective equipment if available, in addition to any guidance provided by the Centers for Disease Control and Prevention (CDC). Strict sanitation protocols are also encouraged.

Employees should continue to practice good hygiene, especially if their job duties require contact with other people closer than six feet (6’). Furthermore, elderly or otherwise vulnerable populations should minimize travel to the extent possible and avoid socializing in groups that do not readily allow for appropriate social distancing.

Businesses and citizens are encouraged to continue utilizing delivery services, such as grocery pick-up and/or delivery options, to minimize interaction between people.

17) Can I attend my annual county fair?

Yes. We encourage adjustments be considered to mitigate the risks of contracting or spreading COVID-19 between participants, patrons, and staff, such as modifying activities, restructuring programs, and increasing sanitization measures for facilities and participants.

County fair directors and boards are encouraged to work with their local public health authority to develop additional public health and safety measures, including employee use of personal protective equipment if available, in addition to any guidance provided by the Centers for Disease Control and Prevention (CDC).

Operators/Management of County Fairs should follow the above General Guidelines for Business, particularly when it comes to addressing Concert/Stock Shows, Entertainment Venues, and Amusement Rides. Strict sanitation protocols are also encouraged.

Workers and Visitors should follow the above General Guidelines for Missourians.
We also advise areas of high touch or high traffic, such as picnic tables and eating areas, are frequently sanitized between users.

18) May I visit a loved one in a nursing home?

The State of Missouri and our partners in long-term care are committed to assuring the health and safety of some of our most vulnerable citizens in long-term care facilities throughout the state. Nursing homes, long-term care facilities, retirement homes, or assisted living homes may allow visitors in accordance with guidance set forth by the Department of Health and Senior Services.

19) How does this affect summer school and the upcoming academic year?

Summer school and other activities may proceed under guidelines set forth by the Department of Elementary and Secondary Education. Schools are also not prohibited from providing Food and Nutritional Services for those children that qualify.

20) Where can I get information regarding Missouri State Parks?

You may find information on the Missouri State Parks webpage, found here: https://mostateparks.com/temporary-closures

21) Where can I get information about Missouri’s gaming boats?

You may find information on the Missouri Gaming Commission website, found here: http://mgc.dps.mo.gov/Index.html
Cleaning and Disinfection

1) What is the difference between cleaning and disinfecting?

Cleaning with soap and water removes germs, dirt, and impurities from surfaces. It lowers the risk of spreading infection. Disinfecting kills germs on surfaces. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

2) What is routine cleaning? How frequently should facilities be cleaned to reduce the potential spread of COVID-19?

Routine cleaning is the everyday cleaning practices that businesses and communities normally use to maintain a healthy environment. Surfaces frequently touched by multiple people, such as door handles, bathroom surfaces, and handrails, should be cleaned with soap and water or another detergent at least daily when facilities are in use. More frequent cleaning and disinfection may be required based on level of use. For example, certain surfaces and objects in public spaces, such as shopping carts and point of sale keypads, should be cleaned and disinfected before each use. Cleaning removes dirt and impurities, including germs, from surfaces. Cleaning alone does not kill germs, but it reduces the number of germs on a surface.

3) Is cleaning alone effective against the virus that causes COVID-19?

Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection. If a surface may have gotten the virus on it from a person with or suspected to have COVID-19, the surface should be cleaned and disinfected. Disinfecting kills germs on surfaces.

4) Who should clean and disinfect community spaces?

Regular cleaning staff can clean and disinfect community spaces. Cleaning staff should be trained on appropriate use of cleaning and disinfection chemicals and provided with the personal protective equipment (PPE) required for the chemicals used.

5) How long do companies need to close for disinfection after an exposure? How long before other workers can come back to work?

Companies do not necessarily need to close after a person with confirmed or suspected COVID-19 has been in a company facility. The area(s) used or visited by the ill person should be closed for 24 hours or as long as possible. Open outside doors and windows as much as possible ensuring that doing so does not pose a safety risk to children using the facility (i.e. make sure that children are not able to enter the closed off area through any windows or doors). and use ventilating fans to increase air circulation in the area. Once the area has been appropriately disinfected, it can be opened for use. Workers without close contact with the person with confirmed or suspected COVID-19 can return to work immediately after disinfection is completed.

6) How effective are alternative disinfection methods, such as ultrasonic waves, high intensity UV radiation, and LED blue light?
The efficacy of these disinfection methods against the virus that causes COVID-19 is not known. EPA only recommends use of the surface disinfectants identified on List N against the virus that causes COVID-19. EPA does not routinely review the safety or efficacy of pesticidal devices, such as UV lights, LED lights, or ultrasonic devices. Therefore, EPA cannot confirm whether, or under what circumstances, such products might be effective against the spread of COVID-19.

7) Should outdoor playgrounds, like those at schools or in parks, be cleaned and disinfected to prevent COVID-19?

Outdoor areas generally require normal routine cleaning and do not require disinfection. Spraying disinfectant on outdoor playgrounds is not an efficient use of disinfectant supplies and has not been proven to reduce the risk of COVID-19 to the public. You should maintain existing cleaning and hygiene practices for outdoor areas. If practical, high touch surfaces made of plastic or metal, such as grab bars and railings, should be cleaned routinely. Cleaning and disinfection of wooden surfaces (e.g., play structures, benches, tables) or groundcovers (e.g., mulch, sand) is not recommended.

8) Can sanitizing tunnels be used at building entrances or exits to prevent the spread of COVID-19?

CDC does not recommend the use of sanitizing tunnels. There is no evidence that they are effective in reducing the spread of COVID-19. Chemicals used in sanitizing tunnels could cause skin, eye, or respiratory irritation or damage.

9) Should sidewalks and roads be disinfected to prevent COVID-19?

CDC does not recommend disinfection of sidewalks or roads. Spraying disinfectant on sidewalks and roads is not an efficient use of disinfectant supplies and has not been proven to reduce the risk of COVID-19 to the public. The risk of spreading the virus that causes COVID-19 from these surfaces is very low and disinfection is not effective on these surfaces.

10) Is it safe to vacuum in a school, business, or community facility after someone with suspected or confirmed COVID-19 has been present?

The risk of transmitting or spreading SARS-CoV-2, the virus that causes COVID-19, during vacuuming is unknown. In order to reduce the need for cleaning, disinfection, and vacuuming, consider removing area rugs completely, if possible. At this time, there are no reported cases of COVID-19 associated with vacuuming. If vacuuming is necessary or required in a school, business, or community facility that was used by a person with suspected or confirmed COVID-19, first follow the CDC recommendations for Cleaning and Disinfection for Community Facilities that apply, which includes a wait time of 24 hours, or as long as practical.

After cleaning and disinfection, the following recommendations may help reduce the risk to workers and other individuals when vacuuming:

- Use a vacuum equipped with a high-efficiency particulate air (HEPA) filter, if available.
Cleaning and Disinfection

- Do not vacuum a room or space that has people in it. Wait until the room or space is empty to vacuum, such as at night, for common spaces, or during the day for private rooms.

- Wear disposable gloves to clean and disinfect. For soft (porous) surfaces, such as carpeted floors or rugs, clean the surface using soap and water or with cleaners appropriate for use on these surfaces, according to the textile’s label. After cleaning, disinfect with an appropriate EPA-registered disinfectant on List N: Disinfectants for use against SARS-CoV-2 external icon. Soft and porous materials, like carpet, are generally not as easy to disinfect as hard and non-porous surfaces. EPA has listed a limited number of products approved for disinfection for use on soft and porous materials on List N. Follow the disinfectant manufacturer’s safety instructions (such as wearing gloves and ensuring adequate ventilation), concentration level, application method and contact time. Allow sufficient drying time if vacuum is not intended for wet surfaces.

- Temporarily turn off in-room, window-mounted, or on-wall recirculation HVAC to avoid contamination of the HVAC units.

- Do NOT deactivate central HVAC systems. These systems tend to provide better filtration capabilities and introduce outdoor air into the areas that they serve.
Community Mitigation

1) What is community mitigation?

Community mitigation activities are actions that people and communities can take to slow the spread of infectious diseases, including COVID-19. Community mitigation is especially important before a vaccine or drug becomes widely available.

2) What are community mitigation actions for COVID-19?

Some community mitigation actions may include:

For individuals:

- Washing hands often
- Avoiding close contact with people who are sick, and practicing social distancing
- Covering mouth and nose with a cloth face cover when around others
- Covering coughs and sneezes
- Cleaning and disinfecting frequently touched surfaces daily

For communities

- Promoting behaviors that prevent spread
- Maintaining healthy environments
- Maintaining healthy operations
- Preparing for when someone gets sick
- Closing businesses and schools and limiting other services

3) Who is involved in community mitigation actions?

Individuals, communities, schools, businesses and healthcare organizations all have a role to play in community mitigation. Policies*, which include limits on large gatherings, restrictions on businesses, and school closures are often needed to fully put in place community mitigation strategies.

Each community is unique. Because some actions can be very disruptive to daily life, mitigation activities will be different depending on how much disease has spread within the community, what the community population is like, and the ability to take these actions at the local level. To identify appropriate activities, all parts of a community that might be impacted need to be considered, including populations most vulnerable to severe illness, and those who might be more impacted socially or economically. When selecting mitigation activities, states and communities need to consider the spread of disease locally, characteristics of the people who live in the community (for example, age groups, languages spoken, overall health status), and the kind of public health resources and healthcare systems (like hospitals) that are available in the community. State and local officials may need to adjust community mitigation activities and immediately take steps to scale them up or down depending on the changing local situation.

Putting mitigation into practice is based on:
Community Mitigation

- Emphasizing individual responsibility for taking recommended personal-level actions
- Empowering businesses, schools, and community organizations to take recommended actions, particularly in ways that protect persons at increased risk of severe illness
- Focusing on settings that provide critical infrastructure or services to individuals at increased risk of severe illness
- Minimizing disruptions to daily life to the extent possible

*CDC cannot address the policies of any business or organization. CDC shares recommendations based on the best available science to help people make decisions that improve their health and safety. In all cases, follow the guidance of your healthcare provider and local health department. Local decisions depend on local circumstances.*
1) What do we know about detection of SARS-CoV-2 RNA after clinical recovery from COVID-19?

Many recovered persons do not have detectable SARS-CoV-2 RNA in upper respiratory tract specimens. In others, viral RNA can be persistently detected by RT-PCR in respiratory tract samples in some persons after apparent clinical recovery. In some persons, after testing negative by RT-PCR in two consecutive samples, later samples can test positive again. These persistent detections of viral RNA usually are associated with higher cycle threshold (Ct) values (i.e., fewer RNA copies) than Ct values found in RT-PCR results from samples collected shortly before or during clinical illness. Studies that have examined how long SARS-CoV-2 RNA can be detected in adults have demonstrated that, in some persons, it can be detected for weeks.

2) Are clinically recovered persons infectious to others if they test persistently or recurrently positive for SARS-CoV-2 RNA?

Whether the presence of detectable but low concentrations of viral RNA after clinical recovery represents the presence of potentially infectious virus is unknown. Based on experience with other viruses, it is unlikely that such persons pose an infectious risk to others. However, whether this is true for SARS-CoV-2 infection has not been definitively established.

After the onset of illness, the detectable viral burden usually declines. After a week or more, anti-SARS-CoV-2 immunoglobulin becomes detectable and then antibody levels increase. Some of these antibodies may prevent the virus from infecting cells in cell culture. A decline in viral RNA is associated with a decreased ability to isolate live virus. For most patients with COVID-19, efforts to isolate live virus from upper respiratory tract specimens have been unsuccessful when specimens are collected more than 10 days after illness onset. Recovery of live virus between 10 and 20 days after symptom onset has been documented in some persons with severe COVID-19; in some cases, these persons were in an immunocompromised state.

Persons who have tested persistently or recurrently positive for SARS-CoV-2 RNA have, in some cases, had their signs and symptoms of COVID-19 improve. When viral isolation in tissue culture has been attempted in such persons in South Korea and the United States, live virus has not been isolated. There is no evidence to date that clinically recovered persons with persistent or recurrent detection of viral RNA have transmitted SARS-CoV-2 to others.

Despite these observations, it’s not possible to conclude that all persons with persistent or recurrent detection of SARS-CoV-2 RNA are no longer infectious. There is no firm evidence that the antibodies that develop in response to SARS-CoV-2 infection are protective. If these antibodies are protective, it’s not known what antibody levels are needed to protect against reinfection.

These data and experience with other viral respiratory infections indicate that most persons recovered from COVID-19 who test persistently or recurrently positive by RT-PCR are likely no longer infectious. Isolation and precautions may be discontinued for persons with COVID-19 10 days after symptom onset (the date on which symptoms first began, including non-respiratory symptoms), provided their fever has resolved for at least 24 hours, without the use of fever-
Healthcare Professionals – Patients with Persistent or Recurrent Positive Tests

reducing medications, and their other symptoms have improved. For some persons with severe or critical illness, or who are severely immunocompromised, isolation and precautions may be maintained for up to 20 days after symptom onset.

3) Can cycle threshold (Ct) values be used to assess when a person is no longer infectious?

No. Although attempts to culture virus from upper respiratory specimens have been largely unsuccessful when Ct values are in high but detectable ranges, Ct values are not a quantitative measure of viral burden. In addition, Ct values are not standardized by RT-PCR platform nor have they been approved by FDA for use in clinical management. CDC does not endorse or recommend use of Ct values to assess when a person is no longer infectious. However, serial Ct values may be useful in the context of the entire body of information available when assessing recovery and resolution of infection.

4) What further evidence is needed to be reassured that persistent or recurrent shedding of SARS-CoV-2 RNA after recovery does not represent the presence of infectious virus?

Prospectively collecting serial respiratory samples and attempting to isolate live virus in tissue culture from multiple persons testing positive by RT-PCR following illness recovery is needed. If repeated attempts to recover replication-competent virus in culture from such serial samples are unsuccessful that data would be sufficient evidence that infectious virus is absent. Then we should be sure that persons continuing to test positive do not pose an infectious risk to other people.

5) Can viral culture be used to demonstrate that a person who had persistently or recurrently detectable viral RNA is not infectious to others?

Yes. However, viral culture is not widely performed for SARS-CoV-2. It must be conducted in Biosafety Level 3 (BSL-3) laboratories using BSL-3 practices by experienced virologists and results can take a week or more. Therefore, while persons whose specimens do not yield live virus are considered no longer infectious, the complexity of such testing and the time required to complete it mean that culture cannot be used routinely to guide management of infected persons.

6) A person who previously tested positive by RT-PCR for SARS-CoV-2 and clinically recovered from COVID-19 is later tested again, for example as part of a contract tracing investigation. If that person again tests positive by RT-PCR, should they be managed as potentially infectious to others, and isolated again for COVID-19?

For persons who remain asymptomatic following recovery from COVID-19, retesting (e.g., as part of a contact tracing investigation) is not necessary during the first 3 months after the date of symptom onset. When a positive test occurs less than 3 months after the person’s symptom onset of their most recent illness, it is possible that the positive test represents a new infection or a persistently positive test associated with the previous infection. If a positive test occurs more than 3 months after a person’s symptom onset, clinicians and public health authorities should consider the possibility of reinfection. Until we have more information, the determination of whether a patient with a positive test in these situations is contagious to others should be made...
on a case-by-case basis. Consider consultation with infectious diseases specialists and public health authorities to review all available information (e.g., medical history, time from initial positive test, RT-PCR Ct values, and presence of COVID-19 signs or symptoms). Persons who are determined to be potentially infectious should undergo evaluation and remain isolated until they again meet criteria for discontinuation of isolation or of transmission-based precautions, depending on their circumstances.

7) If a previously infected person has clinically recovered but later develops symptoms consistent with COVID-19, should the person be isolated again and tested for SARS-CoV-2?

Persons who develop new symptoms consistent with COVID-19 more than 3 months after the date of symptom onset of the most recent illness episode should be retested. Persons with recurrent symptoms after the first 3 months who test positive should be considered infectious and remain isolated until they again meet criteria for discontinuation of isolation or of transmission-based precautions. Contact tracing during the person’s second period of symptoms is warranted. For persons who develop new symptoms consistent with COVID-19 during the first 3 months since the date of symptom onset of the most recent illness episode, retesting may be warranted if alternative etiologies for the illness cannot be identified. If reinfection is suspected, repeat isolation and contact tracing may be needed. The determination of whether a patient with a subsequently positive test is contagious to others should be made on a case-by-case basis, in consultation with infectious diseases specialists and public health authorities, after review of available information (e.g., medical history, time from initial positive test, RT-PCR Ct values, and presence of COVID-19 signs or symptoms).

8) If an infected person has clinically recovered and then later is identified as a contact of a new case, do they need to be quarantined?

A person who has clinically recovered from COVID-19 and then is identified as a contact of a new case within 3 months of symptom onset of their most recent illness does not need to be quarantined or retested for SARS-CoV-2. However, if a person is identified as a contact of a new case 3 months or more after symptom onset, they should follow quarantine recommendations for contacts.

9) If an infected person has clinically recovered using the symptom-based strategy, do they need a test of cure?

No. The symptom-based strategy is intended to replace the need for repeated testing.

10) If an infected person has clinically recovered, should the person continue to wear a cloth face covering in public?

Yes. It is recommended that almost all persons wear cloth face coverings in public. The primary purpose of cloth face coverings is to limit transmission of SARS-CoV-2 from infected persons who may be infectious but do not have clinical symptoms of illness or may have early or mild symptoms that they do not recognize. Cloth face coverings may provide reassurance to others in
public settings and be a reminder of the need to maintain social distancing. However, cloth face coverings are not personal protective equipment (PPE) and should not be used instead of a respirator or a facemask to protect a healthcare worker.

[1] Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
Contact Tracing

1) What is contact tracing?

Contact tracing has been used for decades by state and local health departments to slow or stop the spread of infectious diseases.

Contact tracing slows the spread of COVID-19 by

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19
- Helping people who may have been exposed to COVID-19 get tested
- Asking people to self-isolate if they have COVID-19 or self-quarantine if they are a close contact of someone with COVID-19

During contact tracing, the health department staff will not ask you for

- Money
- Social Security number
- Bank account information
- Salary information
- Credit card numbers

2) Who is considered a close contact to someone with COVID-19?

For COVID-19, a close contact is anyone who was within 6 feet of an infected person for at least 15 minutes. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person had any symptoms or tested positive for COVID-19.

3) What will happen during contact tracing if I am diagnosed with COVID-19?

If you are diagnosed with COVID-19, someone from the health department may call you to check on your health, discuss who you have been around, and ask where you spent time while you may have been able to spread COVID-19 to others. You will also be asked to continue to stay at home and self-isolate, away from others.

- Your name will not be shared with those you came in contact with.
- The health department staff will not ask you for
  - Money
  - Social Security number
  - Bank account information
  - Salary information, or
  - Credit card numbers
- Self-isolation means staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible.
- Self-isolation helps slow the spread of COVID-19 and can help protect the health of your family, friends, neighbors, and others you may come in contact.
Contact Tracing

- If you need support or assistance while in self-isolation, your health department or community organizations may be able to provide assistance.

Watch for or monitor your symptoms of COVID-19. If your symptoms worsen or become severe, you should seek medical care.

4) What will happen during contact tracing if I have been around someone with COVID-19?

If you were around someone who has been diagnosed with COVID-19, someone from the health department may call you to let you know that you may have been exposed to COVID-19.

Stay home away from others for 14 days (self-quarantine) after your last contact with that person. Health department staff will help identify the dates for your self-quarantine. Health department staff can also provide resources for COVID-19 testing in your area.

- Self-quarantine means staying home away from others and monitoring your health.
- If you need to be around other people or animals in or outside of the home, wear a mask. This will help protect the people around you.
- If you need support or assistance while in self-quarantine, your health department or community organizations may be able to provide assistance.

Monitor your health and watch for symptoms of COVID-19. Remember, symptoms may appear 2-14 days after you were exposed to COVID-19. Tell the health department if you develop any symptoms. Tell people you were around recently if you become ill, so they can monitor their health. If your symptoms worsen or become severe, seek medical care. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face.

The health department staff will not ask you for

- Money
- Social Security number
- Bank account information
- Salary information, or
- Credit card numbers

5) Am I considered a close contact if I was wearing a mask?

Yes, you are still considered a close contact even if you were wearing a mask while you were around someone with COVID-19. Masks are meant to protect other people in case you are infected, and not to protect you from becoming infected.

6) What will happen with my personal information during contact tracing?
Contact Tracing

Discussions with health department staff are confidential. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider.

If you have been diagnosed with COVID-19, your name will not be shared with those you came in contact with. The health department will only notify people you were in close contact with (within 6 feet for more than 15 minutes) that they might have been exposed to COVID-19. Each state and jurisdiction use their own method for collecting and protecting health information. To learn more, contact your state or local health department.

7) What if I have recently been around someone who was identified as a close contact?

If you have been around someone who was identified as a close contact to a person with COVID-19, you should closely monitor yourself for any symptoms of COVID-19. You do not need to self-quarantine unless you develop symptoms or if the person identified as a close contact develops COVID-19.

8) I was recently around someone who has COVID-19, but I feel fine. Why should I stay at home?

People with COVID-19 can still spread the virus even if they don’t have any symptoms. If you were around someone who had COVID-19, it is critical that you stay home and away from others for 14 days from the last day that you were around that person. Staying home and away from others at all times helps your health department in the fight against COVID-19 and helps protect you, your family, and your community.

9) Will there be a national app for contact tracing?

No, there will not be a national app for contact tracing. There are many options available now, and it is up to each state and individual to decide which tools best fit their needs.

10) If I participate in contact tracing for COVID-19 using a digital tool, is my personal health information secure?

Yes, if you agree to participate in contact tracing for COVID-19 with the health department, your information is secure. Discussions with health department staff are confidential. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider. Your name will not be shared with those you came in contact with. If you have been diagnosed with COVID-19, the health department will only notify people you were in close contact with (within 6 feet for more than 15 minutes) that they might have been exposed to COVID-19.

Health departments may use case management tools to help make the contact tracing process more efficient. If you choose to provide information through one of these tools, your information is secure and stored with the health department. These tools also help health departments quickly
Contact Tracing

receive and analyze information about COVID-19. Case management tools are under the same laws and regulations for all sensitive health information use (e.g. HIPPA). You must provide consent for the health department to collect information using a case management tool. Just like traditional contact tracing, digital tools will not collect information regarding money, Social Security numbers, bank account information, salary information, or credit card numbers.

*Exposure notification tools* may be an app that you can download on your personal cell phone. If you choose to download an *exposure notification* app for COVID-19, your information is secure. Exposure notification apps are developed in collaboration with or endorsed by health departments. These apps undergo rigorous testing to determine their trustworthiness, security, and ability to protect people’s privacy. Until you give consent to share information with your local health department, any information you have entered into the app is stored only on your personal phone. Your information is stored only on your own phone and is not sent to the health department or any other third party. **The app and your information can be deleted any time.**

When you consent to share your information with the local health department, your information is secure.

11) Will I be required to download a contact tracing app for COVID-19 on my phone?

No, you are not required to download an app to give information for contact tracing for COVID-19. Health departments commonly use *case management tools* to make the contact tracing process more efficient. These types of tools are not downloaded on personal cell phones.

If you choose to give information to your local or state health department for contact tracing for COVID-19, you do not need to download an app on your cell phone. The health department staff may call you to

- Check on your health,
- Discuss who you have been around, and
- Ask where you have spent time while you may have been able to spread COVID-19 to others.

It is up to you to decide if you download an *exposure notification* app for COVID-19.
Flu Shot Information

1) Where can I get a flu shot?
You can receive a flu shot at a local county health department or your physician’s office. Many pharmacies also offer flu shots.

2) What age group should get a flu shot?
Flu vaccine is recommended for everyone six months of age and older.

3) Should high-risk groups receive the flu shot?
People are at greater risk for serious complications and are especially encouraged to get a flu vaccine, including Adults 65 years and older. Young children, especially those between 6 months and five years.

4) When is the best time to get a flu shot?
CDC recommends getting a flu shot in September or October, however getting a flu shot anytime during the flu season can help protect you.

5) How many doses of flu vaccine does my child need?
Your child will need two doses. If you child is receiving a flu shot for the first time a second dose should be given a month later.

6) Are there side effects to the flu vaccine?
The most common side effects are; soreness, redness, tenderness, or swelling where the shot was given; headache, muscle aches, fever and nausea.

7) Is there mercury (Thimerosal) in the flu vaccine?
The only flu vaccines that contain thimersol are multi-dose vials. Single dose vials and pre-filled syringes do not.

8) How do you prevent the flu?
The best prevention is to get a flu shot each year. Using good health habits can also help stop the spread of flu: washing your hands, covering your cough, and staying home when you're sick.

9) What are the symptoms of flu?
Flu usually comes on suddenly. Some symptoms of flu can be: fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, fatigue, some people may have vomiting and diarrhea.

10) Can I get the flu from the flu shot?
No, the flu shot cannot give you the flu. However, the shot can trigger an immune response from your body, so you may have a few mild symptoms such as a low-grade fever or achy muscles.
11) **How effective is the flu shot usually?**

The flu shot can be up to 49% effective overall, but getting a flu shot helps alleviate flu illnesses, flu hospitalizations and flu deaths. Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.

12) **What are reasons I would get it in August rather than wait to October?**

It is preferable to wait until September or October due to the length of time of effectiveness and the typical flu season. Children 6 months through 8 years of age who need 2 doses should get the first dose as soon as possible.

13) **How many flu strains does the vaccine protect against?**

Most flu vaccines protect against four strains, referred to as quadrivalent vaccines.

There is a trivalent vaccine that protects against three strains, which is designed for people 65 and older.

14) **Is there one preferred vaccine over the other?**

There is no preference for one vaccine over the other for a person when more than one vaccine is available.