

CORONAVIRUS

GUIDANCE ON PUBLIC INTERACTION DURING COVID-19

KEEP INFORMED ON DEVELOPMENTS

- Stay up to date on developments in the [state](#) and in your community
- Keep informed of local ordinances that may outline additional guidelines
- MU CARES [Statewide COVID-19 Dashboard](#)

KNOW HOW IT SPREADS

- [Know the Symptoms](#)
- According to the Centers for Disease Control and Prevention (CDC), there is currently no vaccine to prevent Coronavirus Disease 2019 (COVID-19)
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms
- As we begin to interact within our communities, it is important to know that the virus is thought to spread mainly from person-to-person contact through respiratory droplets when an infected person coughs, sneezes or talks

HOW TO PROTECT YOURSELF AND OTHERS



If you are sick or not feeling well, you should stay home



wash hands often, use soap and scrub for 20 seconds



avoid touching your face - eyes, nose and mouth



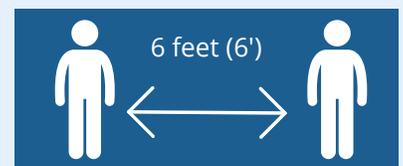
cover mouth with sleeve or tissue to sneeze or cough



for medical attention, contact & follow advice of medical provider

Practice Social Distancing

- Avoid close contact with people who are sick
- Put distance between yourself and other people
 - Maintain social distancing - six feet (6') of space between yourself and others
 - Remember that some people without symptoms may be able to spread virus
 - Keeping distance from others is especially important for people who are at higher risk of getting sick
 - Minimize non-essential travel or adapt to online platforms where possible
 - Avoid socializing in groups of more than 10 people or in circumstances that do not readily allow for appropriate physical distancing



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HOW TO PROTECT YOURSELF AND OTHERS (CONT.)

Cover 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
- It is recommended by the CDC that everyone wear a cloth face cover when they have to go out in public
- According to the CDC, it's important to continue to keep about 6 feet (6') between yourself and others. The cloth face cover is not a substitute for social distancing
- Save medical masks and PPE for healthcare providers
- [How to Wear a Cloth Face Covering](#)

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
- [Reopening Guidelines for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#)
- [Guidance for Cleaning and Disinfecting – Public Spaces, Workplaces, Businesses, Schools, and Homes](#)

RESOURCES

MU Health: [Coronavirus](#)

MU Extension: [COVID-19 Resources \(public\)](#)

MU Extension Community Health Engagement and Outreach: [Coronavirus Resources](#)

MU CARES: [Statewide COVID-19 Dashboard](#)

UM System: [Coronavirus Updates](#)

State of Missouri DHSS: [COVID-19 Hotline](#)

State of Missouri: [Show Me Strong Recovery Plan](#)

CDC: [Coronavirus Disease 2019 \(COVID-19\) Communities, Schools, Workplaces, and Events](#)

CDC: [Coronavirus Disease 2019 \(COVID-19\) How to Protect Yourself and Others](#)

CDC: [Coronavirus Disease 2019 \(COVID-19\) How to Wear a Face Cloth](#)

CDC: [Coronavirus Disease 2019 \(COVID-19\) Know the Symptoms](#)

CDC: [Coronavirus Disease 2019 \(COVID-19\) People Who Are at Higher Risk for Severe Illness](#)

CDC: [Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes](#)

CDC: [Reopening Cleaning Guidelines for Businesses, Schools, Workplaces, and Homes](#)

The White House: [Opening up America Again](#)