

Novel Coronavirus (COVID-19) Guidance for Residents of Kentucky

The following non-pharmaceutical intervention strategies are recommended to prevent the transmission of the novel coronavirus (COVID-19). Currently, there is no vaccine available to prevent coronavirus disease and CDC states that wearing a facemask will not protect the public from COVID-19. “The best way to prevent illness is to avoid exposure.”

Personal Prevention Measures

- Avoid close contact with people who are sick with fever, coughing, sneezing, and difficulty breathing. To avoid close contact, stay at least 6 feet away from others.
- 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. To avoid coughing into your hands, you can cough into your elbow.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- 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.

Community Prevention Measures

The following community prevention measures are recommended to prevent the transmission of COVID-19:

- Practice social distancing (6 feet away).
- Cancel places of worship and large gatherings temporarily due to close proximity.
- Urge businesses to allow employees to tele-commute and to provide paid sick leave.
- Spread out during meetings by increasing the distance between seats and other similar actions.
- Implement environmental surface cleaning measures in homes, businesses, and other locations, including frequently touched surfaces and objects, i.e., tables, doorknobs, toys, desks, and computer keyboards. Use regular household cleaning spray or wipes as recommended by CDC.

People at Higher Risk for COVID-19 Complications

Adults over 60 and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious COVID-19 illness. If you are at increased risk for COVID-19, it is especially important for you to take the following actions to reduce your risk of exposure:

- Stay at home as much as possible.
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.
- When you go out in public, keep away from others who are sick, limit close contact (6 feet away) and wash your hands often.
- Avoid crowds.

Additional information can be obtained at www.KYCOVID19.KY.GOV