

Symptoms of COVID-19 (may appear 2-14 days after exposure)

- Fever
- Cough
- Shortness of breath

COVID19: Community Mitigation

Strategies must be taken to protect the public's health, prevent the spread of COVID-19 to reduce illness and death, while minimizing disruptions to daily life. "Community mitigation" are the actions individuals/families, businesses/employers, communities, and schools can take to slow the transmission. Community spread is defined at three levels – **NONE** (COVID-19 may occur in the community but there is NO community transmission), **MINIMAL TO MODERATE** (a single case of community-acquired COVID-19 in a county or distinct clusters of cases in a single area (e.g., city or county)), and **SUBSTANTIAL** (5 or more cases of community-acquired COVID-19 in a county). As more COVID-19 is spread in a community, additional preventive steps can be taken.

	Individuals/Families	Businesses/Employers	Communities	Schools
None	<ul style="list-style-type: none"> • Implement personal protective measures such as staying home when sick, handwashing, cleaning frequently touched surfaces often • Make sure you have a 2-week supply of essential food items and prescription/over-the-counter medications • Consider ways to stay in touch with others (e.g., Facetime, video chat, etc.) • Make a plan for daycare and cancelled activities • Get outdoors to play as a family 	<ul style="list-style-type: none"> • Update/develop workplace plans to include leave & telework policies, leave policies for people with COVID-19 symptoms, alternate work schedules • Encourage employees to stay home & notify workplace supervisor when sick; provide non-punitive sick leave options to allow staff to stay home when ill • Clean & disinfect frequently touched surfaces daily 	<ul style="list-style-type: none"> • Identify safe ways to serve those that are at increased risk or vulnerable • Implement personal protective measures such as staying home when sick, handwashing, cleaning frequently touched surfaces • Clean & disinfect frequently touched surfaces daily • Have hand hygiene supplies readily available in buildings 	<ul style="list-style-type: none"> • Develop a plan for students or staff with increased risk to allow continued educational services or work • Encourage students or staff to stay home when sick and to notify school of illness • Implement personal protective measures (e.g. handwashing) • Clean and disinfect surfaces daily • Have hand hygiene supplies available in buildings
Minimal to Moderate	<ul style="list-style-type: none"> • If at increased risk of severe disease (individuals who are 65 years and older and individuals of any age with pre-existing medical conditions, such as heart disease, lung disease, diabetes, or a suppressed immune system), stay home and limit potential exposures 	<ul style="list-style-type: none"> • Encourage staff to telework (when feasible), particularly individuals at increased risk of severe illness • Limit non-essential work travel • Consider health screenings (e.g., temperature, respiratory symptoms) of staff and visitors entering buildings. Use the following resources: <ul style="list-style-type: none"> ○ Employee Screening Form ○ Daily Screening Log 	<ul style="list-style-type: none"> • Implement social distancing measures (e.g., offer video/audio event) to encourage people to stay at home • Cancel large gatherings and limit groups to 10 or less • Look for ways to support services that serve at individuals at increased risk (meals, check-ins) to reduce exposures 	<ul style="list-style-type: none"> • Implement social distancing (e.g. stagger recess, arrival/dismissal times, lunch, & provide e-learning) • Health checks for students/staff (e.g. temperature screening) • Cancel extracurricular activities • Short-term school closure for cleaning, as needed • Implement individual student plans for increased risk students with distance or e-learning
Substantial	<ul style="list-style-type: none"> • If at increased risk, stay home and limit potential exposures 	<ul style="list-style-type: none"> • Cancel non-essential work travel. 	<ul style="list-style-type: none"> • Cancel all community and faith-based gatherings of any size 	<ul style="list-style-type: none"> • Long-term school dismissal • Implement distance learning

For more detailed guidance visit: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/community-mitigation-strategy.pdf>