



How does COVID-19 spread?

The virus is thought to spread mainly from person-to-person including:

- Between people who are in close contact with one another (within 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 breathed into the lungs. A person could also touch a surface or object with the virus on it and then touch their own mouth, nose, or eyes.
- COVID-19 may be spread by people who are not showing symptoms.

Daily Symptom Check¹:

Anyone who answers “yes” to any of the screening questions will not be allowed to participate in the program and should seek medical advice.

- i. Have you been in close contact with someone with a confirmed case of COVID-19?
- ii. Have you had a fever (≥ 100.4 F) or felt feverish in the last 48 hours?
- iii. Are you experiencing any respiratory symptoms including congestion, runny nose, sore throat, cough, or shortness of breath?
- iv. Are you experiencing any new muscle aches or chills?
- v. Have you experienced any new change in your sense of taste or smell?

Practices to protect yourself and others

- Maintain social (physical) distance of at least 6 feet. This is very important in preventing the spread of COVID-19.
- Wash your hands often.
- Wear a cloth face cover. A cloth face cover is meant to protect other people in case you are infected.
- Routinely clean and disinfect frequently touched surfaces.
- If experiencing COVID-19 symptoms or had known contact with anyone with COVID-19, self isolate for 14 days.

¹ Questions from [DHS Recommendations for Screening](#)