

## Can a person without symptoms be contagious?

Yes, evidence suggests a person may become contagious before symptoms appear. Most instances of transmission, however, occur when a person is experiencing one or more symptoms of infection.

## Should I wear gloves or a mask in public places?

The CDC recommends wearing non-medical-grade, cloth face coverings in settings where it may be difficult to maintain physical distancing. Disposable gloves should NOT be worn unless caring for a person confirmed to have COVID-19.

## How long can the virus remain on surfaces or in the air?

Studies have shown that the virus can be found in the air or on surfaces for varied amounts of time. Although a "detectable" amount of the virus is found, it may not be enough to cause infection.

- **Plastic & Stainless Steel:** up to 72 hrs
- **Cardboard:** up to 24 hours
- **Copper:** up to 4 hours
- **Air:** up to 30 minutes (particles disperse quickly; meaning there is a low risk with physical distancing in open air environments)



## What should I do if someone in my household is sick with COVID-19?

- The person in self-quarantine should stay as separate as possible from others (e.g. in their own bedroom and, if possible, use a bathroom not shared with others.)
- Clean and disinfect commonly touched surfaces frequently including counter-tops, doorknobs, light switches, and bathroom surfaces.
- Do not share any items with the self-quarantining individual including dishes, drinking glasses, silverware, towels, phones, remote controls, etc.

## What can I do to protect myself and others?

- Maintain good physical distancing (about 6 feet)
- Wash your hands often with soap and water or use a hand sanitizer that contains about least 60% alcohol if soap/water are not available
- Routinely clean and disinfect frequently touched surfaces



SOUTHEAST DISTRICT HEALTH DEPARTMENT