



# IMPORTANT INFORMATION REGARDING CORONAVIRUS (COVID-19)

[Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus)

**WASH YOUR HANDS OFTEN WITH SOAP and warm water for at least 20 seconds.**

## How does COVID-19 spread?

- Coughing and sneezing without proper cover.
- Close personal contact (within six feet of a laboratory confirmed person).
- Touching an object or surface with the virus on it, then touching your mouth, nose or eyes.

## Symptoms

People who have been diagnosed with COVID-19 have reported fever, cough and difficulty breathing. These symptoms may appear in as few as two days or as long as 14 days after exposure.

## How do I help prevent the spread of illnesses?

- Wash hands often with soap and warm water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not readily available.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces.

## What about facemasks?

- CDC recommends wearing a cloth face covering in public settings where social distancing measures are difficult to maintain (e.g., grocery stores, pharmacies).
- Cloth face coverings should not be placed on young children under age 2, on anyone who has trouble breathing, or on anyone unable to remove the covering without help.

- Critical supplies like surgical masks or N-95 respirators should be reserved for healthcare workers and other medical first responders.
- Cloth face coverings should be machine washed and thoroughly dried between uses.

## For food establishments:

- Employees who are sick or showing respiratory symptoms should not work until they are symptom free.
- Make sure alcohol-based hand sanitizers and extra napkins/tissues are available for customers to use.
- Continue to regularly clean and sanitize any objects or surfaces, with special attention to surfaces that may have been touched by an ill worker or customer.
- Follow safe food handling requirements, including handwashing with warm, soapy water for at least 20 seconds.

## What about my food?

It is always important to follow good hygiene practices, e.g., wash hands and surfaces often, separate raw meat from other foods, cook to the right temperature, and refrigerate foods promptly, when handling or preparing foods.

## What about my pets?

There is no evidence that companion animals including pets can spread COVID-19. However, since animals can spread other diseases to people, it's always a good idea to wash your hands with soap after being around animals. Restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.