



JEFFERSON COUNTY DEPARTMENT OF HEALTH

Serving Jefferson County Since 1917

Coronavirus COVID-19: What You Should Know

1. What can I do to protect myself and my family?

- Make sure that everyone in your family age 6 months and older who can take a flu shot does so soon. While this does not protect directly against COVID-19, it does [protect against the flu](#) and help to protect from catching two viruses at the same time
- Wash your hands with soap and water or alcohol based gel multiple times throughout the day
- Cover your coughs and sneezes
- Stay at home if you have a fever
- Stockpile supplies
- Clean and disinfect
- Know your office emergency plan
- Learn home care
- Call your doctor if symptoms get worse
- Stay informed
- For more information from the Alabama Department of Health, click [here](#)

2. Business and Employer Guidance for Coronavirus (COVID-19)

- Actively encourage sick employees to stay home
- Seek immediate medical care if symptoms become severe, such as high fever or difficulty breathing
- Encourage employees to use “respiratory etiquette” and hand hygiene through education and provision of supplies
- Perform routine cleaning of all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs
- Begin to develop strategies for work from home, tele-commuting, and other means of work that allow for social distancing
- All employers need to consider how best to decrease the spread of acute respiratory illness and lower the impact of COVID-19 in their workplace in the event of an outbreak

- For more information from the Alabama Department of Health, click [here](#)
- For more information from the Centers for Disease Control and Prevention, click [here](#)

3. Post-Secondary Schools and State Department of Education

- Stay at home when sick
- Seek immediate medical care if symptoms become severe, such as high fever or difficulty breathing
- Encourage students to use “respiratory etiquette” through education and provision of supplies
- Establish plans for continuation of learning in the event that schools have to close
- For more information for the Alabama Department of Health, click [here](#)