

MITIGATION STRATEGIES FOR COVID-19

The goal of mitigation strategies are to slow the transmission of the disease. The following are recommendations from the Centers for Disease Control and Prevention. You can obtain additional information at [CDC.gov](https://www.cdc.gov)

1 KEEP INFORMED

Use reliable sources to find information on COVID-19. Three recommended websites:
[CDC.gov](https://www.cdc.gov) - Centers for Disease Control & Prevention
[DPH. Georgia.gov](https://www.dph.georgia.gov) - Georgia Department of Public Health
[SandySpringsGA.gov](https://www.sandyspringsga.gov) - City of Sandy Springs



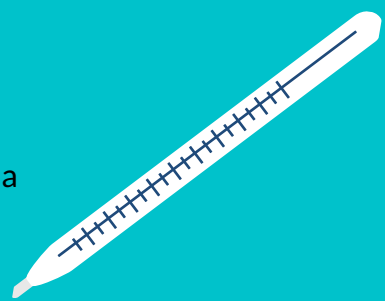
2 KNOW THE SIGNS

Symptoms can include fever, cough and shortness of breath. Call your doctor if you develop symptoms and have been in close contact with a person known to have COVID-19 or have recently traveled from an area with a known outbreak of the disease.



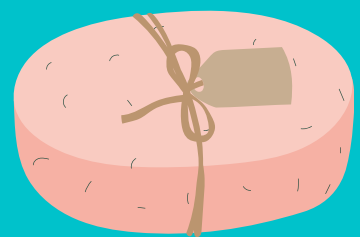
3 WHAT TO DO IF SYMPTOMATIC

- Stay home when you are sick
- Call your health care provider's office in advance of a visit
- Limit movement in the community
- Limit visitors



4 PERSONAL PROTECTIVE MEASURES

- Stay home when sick
- Practice good handwashing
- Social Distancing (good respiratory etiquette)
- Clean frequently touched surfaces daily



5 CREATE A HOUSEHOLD PLAN

Plan in case there is illness in the household or disruption of daily activities due to COVID-19

- Consider a 2-week supply of prescription and over-the-counter medications, food and other essentials
- Establish ways to communicate with others (family, friends, co-workers, etc)
- Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.



6 KNOW THE EMERGENCY PLAN

Know about emergency operations plans for your school, workplace, house of worship and other places you frequent

7 AS CASES OF COVID-19 INCREASE

Individuals at increased risk of severe illness should consider staying at home and avoiding gatherings or other situations of potential exposures, including travel.

All individuals should limit community movement and adapt to disruptions in routine activities (including school & work), following guidance from local and health officials

