



2019 Novel Coronavirus [COVID-19]

cdh.idaho.gov/dac-coronavirus | cdc.gov/coronavirus/2019-ncov/index.html

Updated March 24, 2020

Recommended Guidance for Refugees and Migrants

Background

SARS-CoV-2 is a novel coronavirus that has emerged and caused coronavirus disease (abbreviated as COVID-19). Public health experts continue to learn about SARS-CoV-2, but based on current data and similar coronaviruses, spread from person-to-person happens most frequently among close contacts (those within about six feet) via respiratory droplets. Transmission of SARS-CoV-2 to persons from surfaces contaminated with the virus has not been documented yet, but current evidence suggests that SARS-CoV-2 may remain viable for hours to days on surfaces made from a variety of material.

Purpose

This interim guidance is to help household members plan for community transmission of coronavirus disease 2019 (COVID-19) their communities. The Centers for Disease Control and Prevention (CDC) encourages household members to prepare for the possibility of a COVID-19 outbreak in their community.

Definitions

COVID-19 is caused by a new virus. There is much to learn about the [transmissibility, severity, and other features of the disease](#). Everyone can do their part to help plan, prepare, and respond to this emerging public health threat.

Recommended Actions

Before –

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a **hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).



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During –

- **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).
- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.
- **Clean AND disinfect frequently touched surfaces daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

After –

- **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
 - at least 7 days have passed since your symptoms first appeared
- **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers)
AND
 - other symptoms have improved (for example, when your cough or shortness of breath have improved)
AND
you received two negative tests in a row, 24 hours apart. Your doctor will follow [CDC guidelines](#).

In all cases, **follow the guidance of your healthcare provider and Central District Health.**

Resources

[CDH Coronavirus Monitoring](#)

[IDHW Resources for the Novel Coronavirus](#)



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[Environmental Cleaning & Disinfection Recommendations](#)

[How & When to Wash Your Hands](#)

[Higher Risk Populations](#)

[Printable Resources](#)

CDH Call Center (208-321-2222 M-F 8:30-4:30)

[International Rescue Committee](#)

[Idaho Office for Refugees](#)

[Agency for New Americans](#)

Multilingual Resources

- [Fact Sheet: Feeling sick \(Arabic\)](#) (3-17-20) (PDF)
- [Fact Sheet: Feeling sick \(Dari\)](#) (3-17-20) (PDF)
- [Fact Sheet: Feeling sick \(English\)](#) (3-17-20) (PDF)
- [Fact Sheet: Feeling sick \(Kinyarwanda\)](#) (3-17-20) (PDF)
- [Fact Sheet: Feeling sick \(Russian\)](#) (3-17-20) (PDF)
- [Fact Sheet: Feeling sick \(Spanish\)](#) (3-17-20) (PDF)
- [Fact Sheet: Feeling sick \(Tigrinya\)](#) (3-17-20) (PDF)
- [Fact Sheet: Feeling sick \(Swahili\)](#) (3-17-20) (PDF)
- [Fact Sheet: Feeling sick \(8 Languages Poster\)](#) (3-17-20) (PDF)
- [Multilingual Resources on COVID-19](#)

Frequently Asked Questions

[English](#) | [Spanish](#) | [Traditional Chinese](#) | [Simplified Chinese Korean](#) | [Armenian](#) | [Tagalog](#) | [Arabic](#) | [Farsi](#) | [Cambodian](#) | [Russian](#) | [Japanese](#) | [Vietnamese](#)



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What You Should Know

[English](#) | [Spanish](#) | [Traditional Chinese](#) | [Simplified Chinese](#) | [Korean](#) | [Armenian](#) | [Tagalog](#) | [Arabic](#) | [Farsi](#) | [Russian](#) | [Japanese](#) | [Vietnamese](#)

Handwashing

[English](#) | [Spanish](#) | [Traditional Chinese](#) | [Simplified Chinese](#) | [Korean](#) | [Armenian](#) | [Tagalog](#) | [Arabic](#) | [Farsi](#) | [Cambodian](#) | [Russian](#) | [Japanese](#) | [Vietnamese](#)

Sources:

CDC, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

CDC, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

CDC, Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Coronavirus, Idaho, <https://coronavirus.idaho.gov/>

County of Los Angeles, Public Health, COVID-19, <http://www.publichealth.lacounty.gov/media/Coronavirus/>

Switchboard, Multilingual Resources on COVID-19, https://switchboardta.org/blog/a-round-up-of-multilingual-resources-on-covid-19/?mc_cid=55a6c15918&mc_eid=35a4477bb5