

GUIDANCE FOR SAFER SOCIAL INTERACTIONS DURING COVID-19 PANDEMIC

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The best way to reduce the risk of getting or spreading COVID-19 is to stay home and interact with people within your household. At the same time, seeing friends and loved ones can be important for your mental health especially in a prolonged pandemic.

Before having social interactions outside of one's household, it is important to make plans to reduce risks. In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread. If you do decide to interact with others, be mindful of potential risks and find ways to do so as safely as possible.

Safer Social Interactions

- If you are hosting a gathering, keep it small, make sure people know to wear masks, tell invitees not to come if they feel ill in any way, and ensure that people are able to maintain six-foot physical distancing from each other.
- Outdoors is safer than indoors. Indoor spaces are riskier than outdoor spaces because it might be harder to keep people apart and there is less ventilation. Regardless of the venue, stay six feet apart and always wear a face covering around people outside of your own household.
- Limit the number of guests. This not only lowers your risk of exposure to the virus, but small numbers also make it easier to maintain physical distance.
- Keep distance from people who are at higher risk for severe illness, such as older adults and those with underlying medical conditions. Consider inviting them through video chat instead.
- Ensure supplies that promote healthy hygiene are readily available, including hand sanitizers containing at least 60% alcohol, paper towels, masks and disinfectant wipes.
- Discourage people from sharing items that are difficult to clean or disinfect.
- If you are feeling sick, stay home. It is not worth the risk of infecting friends and loved ones you will see at a gathering. Consider leaving if you start feeling sick at the gathering.

General Best Practices

- Wash hands often with soap and water for at least 20 seconds or use an alcohol-based sanitizer.
- Avoid touching your face with unwashed hands.
- Sneeze and cough into your elbow.
- Clean and disinfect frequently touched surfaces regularly.
- Wipe keys, door handles, handrails, and other regularly touched surfaces.

What to Do if You Were Exposed to COVID-19 or Start to Feel Ill

If you were exposed to someone who is sick with COVID-19 or have any one of the following symptoms that is new and not otherwise explained, get tested for COVID-19.

Here are symptoms of COVID-19:

- Fever, Chills, or Repeated Shaking/ Shivering
- Cough
- Sore Throat
- Shortness of Breath
- Difficulty Breathing
- Feeling Unusually Weak or Fatigued
- New Loss of Taste or Smell
- Muscle pain Headache
- Runny or congested nose
- Diarrhea

To get tested, contact your healthcare provider. You can also register for free testing at community testing sites even if you do not have symptoms or do not have health insurance. Sign up through www.LHI.care/covidtesting or call 888-634-1123. You can find additional testing sites at www.projectbaseline.com/study/covid-19