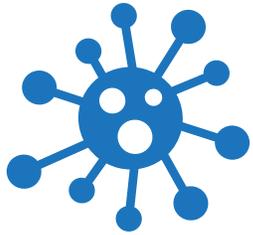


# COVID-19 guidance



## Beyond The 3 Ws:

## What Can You Do to Be Proactive in Stopping the Spread of COVID-19 in Saginaw and Beyond?



What if we took all the passion and anxiety we're collectively expressing about rising cases and increased risks, and channeled it into changing our behavior? As a health department, we believe together we CAN make a difference, helping our hospitals and healthcare workers and keeping our community healthier.

**Always follow current orders issued for our state, but also look for additional proactive ways to protect your household.**

### Volunteer to adopt strategies we employed in March. Don't wait for orders. Just do the right thing!

- Reduce trips outside the home to essential tasks only.
- Opt for takeout or curbside pickup regardless of the status of indoor dining.
- Send just one family member to the grocery store for supplies.
- Shop online or in-person only during non-busy times at small businesses.
- STAY HOME if you're sick or have been exposed to COVID-19.
- Choose virtual worship services.
- Implement remote work to the greatest extent possible.
- Avoid indoor gatherings with people outside your household (unless they are part of your "pod").

### Pods: Create a Safe Bubble Around Your Household

Create a core group of friends or family who agree to limit their in-person social activities to only each other, and practice physical distancing with anyone outside the group. These are people you KNOW are careful about the 3 Ws. They understand the importance of isolation and quarantine. Being part of a group like this allows you to continue seeing people outside your household while reducing the risk of spreading COVID-19.

- This year, if possible, celebrate holidays with your immediate household or safe social pod only.
- Only travel in vehicles with your immediate household or safe pod
  - Don't drive other people's kids.
  - Don't carpool to work.
- Only gather indoors with your pod. Still, don't share snack or meals with common serving utensils.
- Avoid playdates, sleepovers, "hang outs," parties and celebrations with anyone outside your pod.

*more* →

# COVID-19 guidance

## If you have NOT yet experienced COVID-19 or COVID-19 exposure in your household yet, be prepared and know what to do before it happens:

- If you've been exposed to COVID-19 and get tested, stay home while you wait for test results.
- If you test positive, isolate yourself immediately for at least 10 days and stay home except for medical care. Let your employer know.
  - Immediately notify your close contacts so they can start to quarantine themselves. Don't wait.
  - If you do get a call from the health department, cooperate and share truthful information. Don't be ashamed if you had a gathering that exposed people.
  - If you cannot isolate from your household members, then their quarantine may be up to 24 days.
  - Don't resume normal activities until 10 days have passed since you developed symptoms, you are fever-free for 24 hours, and your symptoms have improved.
- If your co-worker/gym buddy/hair stylist/babysitter/tutor/hunting buddy tests positive for COVID-19 and you are within 6-feet for 15 minutes, you need to stay home for 14 days and isolate from others in your household.
- If you have been exposed, you can't wiggle your way out of quarantine with testing. Even if you test negative for COVID-19 during quarantine, you must stay home for the full 14 days because of COVID's long incubation period. This is tough, especially when you feel fine. But it's the right thing to do!
- Remember, you may not get a call from the health department because of the overwhelming number of cases and close contacts. If you have questions, call the Saginaw County Health Department hotline at (989) 758-3828.

