



Sussex County COVID-19 FAQ

Gov. John Carney issued a State of Emergency Order on March 13, 2020, to prepare for the spread of the coronavirus, also known as COVID-19. This information will answer questions you may have about protecting yourself and your loved ones from COVID-19.

WHAT IS COVID-19

- A new respiratory virus first identified in Wuhan, China
- It has the potential to cause severe illness and pneumonia

HOW IS IT SPREAD?



- Through the air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

WHO IS AT RISK?

- People over 60
- People with weak immune systems
- People with disabilities
- Undocumented immigrants
- People with chronic health conditions
- Those suffering from behavioral health issues
- The homeless
- People who work in essential jobs with public contact

ALL FACE GREATER RISKS FOR COVID-19

For the latest Delaware updates:
de.gov/coronavirus



WHAT ARE THE SYMPTOMS?

The illness can be mild or can be severe enough to require hospitalization. Symptoms of this respiratory illness primarily include:

- Fever
- Cough
- Aches
- Sore throat
- Shortness of breath



HOW IS IT PREVENTED AND TREATED?



- Similar to prevention of other respiratory illnesses, including the flu:
 - Wash hands often
 - Avoid touching eyes, nose, or mouth with unwashed hands
 - Avoid contact with sick people
 - Stay home while you are sick; avoid others
 - Cover mouth/nose with a tissue or sleeve when coughing or sneezing
- Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications.

HOW DO I GET TESTED FOR COVID-19?

If you think you have been exposed to COVID-19, call your doctor immediately. If you do not have a doctor, call 2-1-1 or 7-1-1 for people who are deaf or hard of hearing. For Spanish or Haitian-Creole speakers, call 2-1-1. The operator will help connect you with a doctor who can screen, and potentially, test you for COVID-19. Hours are 8 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 5 p.m. Saturday and Sunday.

I DON'T HAVE HEALTH INSURANCE. SHOULD I STILL GET TESTED FOR THE CORONAVIRUS?

If you think you should be tested for COVID-19, talk to a health care provider. Free tests are available to anyone regardless of their health insurance coverage. The Delaware Division of Public Health and other health care providers offer free COVID-19 test analysis.



HOW DO I PRACTICE ISOLATION AT A HOME WITH MULTIPLE FAMILIES AND LIMITED SPACE?

If you have tested positive for the coronavirus, you should discuss your living conditions with public health workers. The state may have housing for you if needed.

IF YOU OR A FAMILY MEMBER ARE SICK QUARANTINE vs ISOLATION?

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.



ISOLATION

Separates people with a contagious disease from people who are not sick.



QUARANTINE

Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

WHAT DO I DO IF I AM SICK?

1. Separate yourself from other people and pets in your home. Use a separate bathroom, if available.
2. Wear a cloth face covering if you must be around other people or animals in or outside the home.
3. Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home except for medical care. Do not visit public areas.
4. Get rest and stay hydrated.
5. Stay in touch with your doctor. Call before you get medical care. Get care if you have trouble breathing or other emergency warning signs, or if you think it is an emergency.
6. Avoid public transportation, ride-sharing or taxis.

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HOW CAN I CARE FOR A FAMILY MEMBER WITH THE CORONAVIRUS DISEASE AT HOME?

1. Provide a separate bedroom and bathroom for the person who is sick, if possible. If you can't provide a separate room and bathroom, speak with a social worker.
2. Designate only one person to care for the sick person, if possible. Disinfect the bathroom often if you share it with a sick person
3. Eat separately from the family. If you are sick, do not prepare food.

If you are unable to safely isolate at home, call 2-1-1.

WILL GETTING TESTED FOR THE CORONAVIRUS OR RECEIVING CARE AFFECT MY GREEN CARD OR CITIZENSHIP APPLICATION PROCESS?

No. U.S. Citizenship and Immigration Services said immigrants who undergo medical testing for the coronavirus or treatment for it will not be penalized when applying for green cards and visas.

COMMUNITIES OF COLOR

ARE PEOPLE OF COLOR AT INCREASED RISK OF MORE SEVERE DISEASE FROM COVID-19?

People of color are not at increased risk of contracting COVID-19 for any genetic reason, according to the Association of Black Cardiologists. But many people of color live in densely populated areas, often in multi-generational households, work at essential jobs with contact with the public, and rely on public transportation. These factors can increase the rate of transmission and risk of contracting COVID-19. African-American and Latino communities are also at increased risk of severe disease because of higher rates of hypertension, diabetes, cardiovascular disease, asthma and obesity.



HOW CAN COMMUNITIES OF COLOR SLOW THE SPREAD OF COVID-19 AND DECREASE RISK OF INFECTION?

To lower the rate of transmission, it is important to stay home and follow COVID-19 recommendations. The Association of Black Cardiologists also suggests that you:

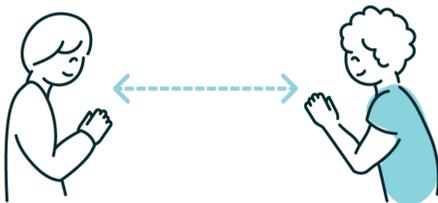
1. Eat a diet rich in fruits and vegetables because evidence indicates that vitamins, such as vitamin C, may help.
2. Stay in frequent communication with friends and family via telephone or video chat to ease feelings of isolation. Community support is a foundation of communities of color.
3. Manage your ailments. Continue all medications provided by a health care provider because conditions, such as heart attack and stroke, remain significant causes of disability and death in all at-risk people, especially in communities of color.

SOCIAL DISTANCING

TO SLOW THE SPREAD:

6-10ft

Distance From Others



1. Avoid large gatherings and crowded places when possible.

The Governor's State of Emergency advises event organizers to cancel events of 10 people or more.

2. Keep a distance of 6-10 feet from others.

Limit your exposure at an essential job or while shopping at a grocery store or pharmacy by staying 6 feet away from others.

3. Wash your hands regularly.

Wash your hands for at least 20 seconds many times daily with soap and warm water.

4. Wear a face covering in public.

As of April 28, everyone older than 12 is required to wear a face covering.



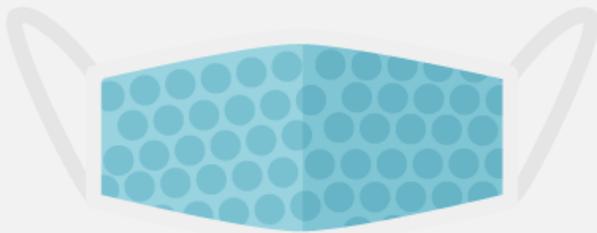
I AM AN ESSENTIAL EMPLOYEE AND NEED TO GO TO WORK. WHAT SHOULD I DO?

Essential employees run the risk of bringing the virus home with them. Take these precautions:

1. At work, wear personal protective equipment such as gloves and face mask.
2. Keep personal items, such as your cell phone, away from areas where they could be contaminated.
3. Wash your hands before touching personal items and disinfect those items at least once a day.
4. Take your shoes off when you get home (before going inside).
5. Remove your clothing immediately and take a shower.
6. Sanitize frequently touched surfaces and wash your work clothes using the warmest temperature recommended on the clothing label.

MAY I LEAVE MY HOUSE?

All residents, particularly older adults and people with underlying medical conditions, should stay home unless they work in an essential business or need to leave the house for essential reasons, such as going to the grocery store, picking up prescriptions or going to the doctor. If residents have to leave home, they must wear a face covering and practice social distancing.



WEAR A CLOTH FACE COVERING IN PUBLIC SETTINGS

As of April 28, everyone older than 12 is required to wear a face covering.



MAY I GO OUTSIDE FOR FRESH AIR AND EXERCISE?

Going outside is a great way to keep your mind and body healthy. It is OK to go to a park, for example, as long as you wear a face mask and practice social distancing. Do not use playground equipment and avoid public restrooms. Use hand sanitizer if you come into contact with frequently touched surfaces. Don't go outside if you are showing symptoms of COVID-19.

MAY I ATTEND CHURCH, FUNERALS OR COMMUNITY EVENTS?

Under the stay-at-home order, gatherings of 10 or more people are banned. Until the threat of COVID-19 is eliminated, you should avoid gatherings. This includes church, funerals and community events. If you must attend a gathering of 10 people or less, wear a face covering, practice social distancing and take extra precautions to protect yourself.

GENERAL RECOMMENDATIONS

I DON'T HAVE A WASHER AND DRYER. HOW CAN I CLEAN MY CLOTHES?

Consider hand washing your clothes with soap or detergent and the warmest water. Check to see if your laundromat offers wash and dry drop off/pickup services. If you must go to the laundromat:

1. Wear a face covering and gloves and practice social distancing (6 feet from others).
2. Use disinfectant wipes to clean high-touch surfaces and use hand sanitizer regularly.
3. Take your shoes off when you get home (before going inside).
4. Remove your clothing immediately and take a shower.
5. Sanitize frequently touched surfaces and wash your work clothes using the warmest temperature recommended on the clothing label.



WHAT IF I CAN'T FIND HAND SANITIZER, SOAP AND CLEANING SUPPLIES IN MY STORE?

Soap and water or a diluted household bleach solution are appropriate to clean most hard surfaces. If you have trouble finding supplies such as hand sanitizer, soap and cleaning products, call Delaware 2-1-1 at 1-800-560-3372, or text your ZIP code to 898-211. For Spanish, call 2-1-1.

Mental Health Check-In



Take a breath of fresh air.

Taking a walk and enjoying the outdoors is a perfect way to ground yourself during this unusual time. All Delaware State Parks are free until May 1. Practice social distancing!



Take care of yourself.

If you feel anxious, download a meditation or mindfulness app. Taking time to journal, exercising and eating healthy foods are gentle ways to give yourself some much-needed care.



Take regular breaks from media.

It can feel overwhelming to constantly read or watch news and social media updates. Take a media break and engage in self-care activities such as coloring books, watching a movie, playing with your pets, reading, or puzzles.



Call or text a loved one.

Reach out and connect to someone you love with a text, video or phone call. We are all navigating this situation together.

Most of all, remember that you are resilient.

CORONAVIRUS (COVID-19)



DELAWARE HEALTH
AND SOCIAL SERVICES
Division of Public Health

- I am unemployed and my family needs food. Where can we go?
- I don't have internet at home. What can I do?
- I lost my job. Where can I file for unemployment?

CALL
2-1-1

SUSSEX HEALTH CARE PROVIDERS

Bayhealth Healthcare System

If you're experiencing symptoms such as fever, cough or shortness of breath, call Bayhealth's coronavirus triage team at **302-310-8477** or email **Coronavirus@Bayhealth.org**. The phone line is open from 8:15 a.m. to 6 p.m. Monday through Friday and from 10 a.m. to 2 p.m. Saturday and Sunday.

Those who meet screening criteria for COVID-19 testing will be referred to an off-site drive-thru testing location.

Beebe Healthcare System

If you need testing but don't have a primary care provider, call Beebe's Coronavirus Screening and Assessment Line, **302-645-3200**. Have your driver's license and insurance information ready. If necessary, leave a message. Your call will be returned. The line will be staffed from 8 a.m. to 6 p.m. seven days a week.

People who have access to primary care should not call the line and should see their provider for an order to referral-based testing.

Beebe testing sites are in Millsboro, Frankford, Georgetown and Lewes.

Nanticoke Health Systems

Nanticoke Health Systems has opened a COVID-19 information and triage line. The call center is based at Peninsula Regional Medical Center and staffed by registered nurses and other clinicians from PRMC and the Health Department. Call **410-912-6889**.

Nanticoke testing sites are in Seaford and the Wicomico County (Md.) Health Department.

WHERE CAN I GET MORE INFORMATION?

<https://coronavirus.delaware.gov/> is Delaware's official coronavirus website. Information is available in English, Spanish and Haitian-Creole.

For the latest Delaware updates:
de.gov/coronavirus