

## Simple Ways to Help Prevent the Spread of COVID-19

### What Can You Do?

The best way to prevent illness from COVID-19 is to avoid exposure to the virus.<sup>1</sup> Small everyday actions can make a big difference in helping protect you, your family, and your community.

#### Remember the 3 W's<sup>2</sup>

##### ***Wear a mask***

Put on a face covering in public places  
#MasksOnMaryland



##### ***Wait and watch your distance***

Maintain a distance of at least six feet  
from others outside of your household



##### ***Wash your hands***

Frequently use hand soap or sanitizer



#### When to wear a face mask<sup>3</sup>

- On public transportation
- In public buildings (e.g., a grocery store, medical office, gym)
- Outdoors if social distancing is not possible
- In school or daycare
- During gatherings with family and friends

#### How to care for face masks<sup>4</sup>

- Cloth masks should be laundered regularly by washing machine or hand – fragrance-free, hypoallergenic detergent is recommended
- Disposable masks should be replaced after each use, or sooner if they are visibly dirty or damaged
- Store masks in a clean place

<sup>1</sup> Centers for Disease Control and Prevention, *How to Protect Yourself & Others*, July 2020. Available at: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html).

<sup>2</sup> NCDHHS, *Know Your Ws: Wear, Wait, Wash*. Available at: [covid19.ncdhhs.gov/materials-resources/know-your-ws-wear-wait-wash#know-your-ws-stay-strong-signs](https://covid19.ncdhhs.gov/materials-resources/know-your-ws-wear-wait-wash#know-your-ws-stay-strong-signs).

<sup>3</sup> The State of Maryland Executive Department, *Amending and Restating the Order of July 29, 2020 Allowing Reopening of Certain Businesses and Facilities, Subject to Local Regulation, and Generally Requiring Use of Face Coverings*, August 2020. Available at: [governor.maryland.gov/wp-content/uploads/2020/08/2020-08-03-11-08.pdf](https://governor.maryland.gov/wp-content/uploads/2020/08/2020-08-03-11-08.pdf).

<sup>4</sup> Centers for Disease Control and Prevention, *How to Wash Masks*, May 2020. Available at: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html).

***Answer the Call*** when *MD COVID* or 240-466-4488 shows on caller ID<sup>5</sup>

You may receive a COVID-19 contact tracing phone call from the Maryland Department of Health. Contact tracing helps to contain the virus and allow Maryland to continue reopening safely.<sup>6</sup>

A contact tracer will ask questions about your health, potential symptoms, and recent interactions with other people. An honest response about your whereabouts and social interactions is the most important part of the process. This helps contact tracers identify others who may have been exposed, which can potentially save someone's life.

### **What do contact tracers do?**

- (1) Reach out to individuals presumed to have been exposed to COVID-19
- (2) Provide education on virus symptoms and precautions to minimize the risk of infecting others
- (3) Offer resources in case medical care is needed (e.g., testing referrals)<sup>7</sup>

### ***Additional precautions*** everyone should take to stay safe<sup>8</sup>

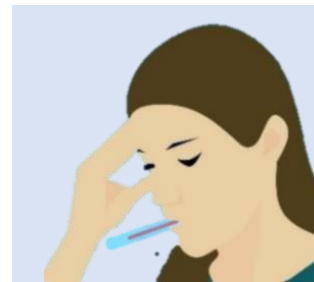
- Clean and disinfect surfaces and belongings frequently, like cell phones, keyboards, desks, doorknobs, faucets, etc.



- Monitor your health regularly – check for COVID-19 symptoms, like fever, cough, and shortness of breath



- Cover your mouth when you cough or sneeze



<sup>5</sup> Maryland Department of Health, *Maryland Department of Health launches state-wide multimedia campaign to 'Answer the Call' for COVID-19 contact tracing*, June 2020. Available at: [health.maryland.gov/newsroom/Pages/Maryland-Department-of-Health-launches-state-wide-multimedia-campaign-to-%E2%80%98Answer-the-Call%E2%80%99-for-COVID-19-contact-tracing.aspx](https://health.maryland.gov/newsroom/Pages/Maryland-Department-of-Health-launches-state-wide-multimedia-campaign-to-%E2%80%98Answer-the-Call%E2%80%99-for-COVID-19-contact-tracing.aspx).

<sup>6</sup> Maryland.gov, *COVIDLINK Respond. Connect. Recover.* Available at: [coronavirus.maryland.gov/pages/contact-tracing](https://coronavirus.maryland.gov/pages/contact-tracing).

<sup>7</sup> See n.5, *Supra*.

<sup>8</sup> See n.1, *Supra*.

## How Health Information Technology is helping Providers Care for Patients during the COVID-19 Public Health Emergency

Health information technology allows authorized health care providers to securely record, store, and share electronic medical information with other providers. Access to a patient's medical record gives providers vital information on things like allergies, chronic conditions, and medication lists, helping them make informed clinical decisions about you or your loved ones care.

Many providers are using telehealth to practice social distancing and provide needed services during the COVID-19 public health emergency. Telehealth allows you to communicate with a provider who is in a different location using a computer, tablet, or smartphone. It's a convenient and safe option for things like prescriptions, mental health counseling, and urgent conditions such as sinusitis or a rash.

### Why Telehealth

If you haven't tried telehealth, consider scheduling a video visit next time you need to see a provider. Imagine one morning a loved one you care for wakes up feeling ill and has a fever and cough. You realize these are common symptoms of COVID-19 and become worried since they are immunocompromised (meaning – they have a weakened immune system and a higher chance of illness and infection).

A video visit using your smartphone allows the provider to see and hear you and your loved one to evaluate symptoms, answer questions, and provide a diagnosis and support. Support may include prescribing medication or determining that immediate medical care is needed to ensure a speedy recovery.

Visit MHCC's Consumer Telehealth web page for more information:

[mhcc.maryland.gov/mhcc/Pages/hit/hit\\_telemedicine/hit\\_telemedicine\\_consumer.aspx](https://mhcc.maryland.gov/mhcc/Pages/hit/hit_telemedicine/hit_telemedicine_consumer.aspx)

*This message is brought to you by the Maryland Health Care Commission*

Everyone has a role to slow the spread of COVID-19. Please share this message with family and friends.

Connect with us on Twitter and Facebook  
@MHCCMD

