COVID-19 (Coronavirus): CDC Guidance for Prevention and Reduction

In response to COVID-19, the City of Hendersonville acts according to the level of community transmission, which right now, is none to minimal. This determines the actions that should be taken. Please use the following guidance from the Centers for Disease Control to prevent and greatly reduce spread of COVID-19 (Coronavirus) in our community.

**Individuals and Families:**

- Know where to find local information on COVID-19 and local trends of COVID-19 cases.
- Know the signs and symptoms of COVID-19 and what to do if symptomatic: Stay home when you are sick
- Call your health care provider’s office in advance of a visit
- Limit movement in the community and limit visitors
- Know what additional measures those at high-risk and who are vulnerable should take.
- Implement personal protective measures (e.g., stay home when sick, handwashing, respiratory etiquette, clean frequently touched surfaces daily).
- Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community. Consider 2-week supply of prescription and over the counter medications, food and other essentials. Know how to get food delivered if possible.
- Establish ways to communicate with others (e.g., family, friends, co-workers).
- Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.
- Know about emergency operations plans for schools/workplaces of household members.

**Assisted Living Facilities, Senior Living Facilities, Adult Day Care:**

- Know where to find local information on COVID-19.
- Know the signs and symptoms of COVID-19 and what to do if clients/residents or staff become symptomatic.
- Review and update emergency operations plan (including implementation of social distancing measures) or develop a plan if one is not available.
- Encourage personal protective measures among staff, residents and clients who live elsewhere (e.g. stay home or in residences when sick, handwashing, respiratory etiquette).
- Clean frequently touched surfaces daily.
- Ensure hand hygiene supplies are readily available in all buildings.
For Workplaces:

- Know where to find local information on COVID-19 and local trends of COVID-19 cases.
- Know the signs and symptoms of COVID-19 and what to do if staff become symptomatic at the worksite.
- Review, update, or develop workplace plans to include:
  - Liberal leave and telework policies
  - Consider 7-day leave policies for people with COVID-19 symptoms
  - Consider alternate team approaches for work schedules.
- Encourage employees to stay home and notify workplace administrators when sick (workplaces should provide non-punitive sick leave options to allow staff to stay home when ill).
- Encourage personal protective measures among staff (e.g., stay home when sick, handwashing, respiratory etiquette).
- Clean and disinfect frequently touched surfaces daily.
- Ensure hand hygiene supplies are readily available in building.

Community and Faith-Based Organizations:

- Know where to find local information on COVID-19 and local trends of COVID-19 cases.
- Know the signs and symptoms of COVID-19 and what to do if organization members/staff become symptomatic.
- Identify safe ways to serve those that are at high risk or vulnerable (outreach, assistance, etc.).
- Review, update, or develop emergency plans for the organization, especially consideration for individuals at increased risk of severe illness.
- Encourage staff and members to stay home and notify organization administrators of illness when sick.
- Encourage personal protective measures among organization/members and staff (e.g., stay home when sick, handwashing, respiratory etiquette).
- Clean frequently touched surfaces at organization gathering points daily.
- Ensure hand hygiene supplies are readily available in building.

Helpful COVID-19 Links & Resources: