

SUPPLEMENTAL MATERIAL

Supplemental Figure 1: 10 Things You Can Do At Home. This one-page hand-out describes 10 everyday practices and guidelines for prevention of COVID-19 transmission.

10 things you can do at home

- 1. The best way to prevent the spread of COVID-19 is to stay home**—don't go to parties or social events. If you do go out, keep 6 feet between yourself and others.


- 2. Monitor new or worsening symptoms**, call your healthcare provider or the **HHCC Hotline at XXX-XXX-XXXX IMMEDIATELY**


- 3. Wear a face cover when around others.** The face cloth protects others in case you have COVID-19


- 4. If you have a medical appointment or questions, call HHCC COVID-19 Hotline XXX-XXX-XXXX. For medical emergencies, call 911.** Be sure to tell them that you have or may have COVID-19


- 5. How to make a bleach solution:** Quart: 4 teaspoons (1/3 cup) bleach to 1 quart of room temp. water. Must be made fresh daily


- 6. Cover your coughs and sneezes** Always sneeze or cough into a tissue and throw it away. Then wash your hands with soap and water or use hand sanitizer


- 7. Wash your hands often** with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol


- 8. If you have COVID-19** As much as possible, stay in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a face covering


- 9. Avoid sharing personal items** with other people who are sick. Don't share household items, like dishes, towels, and bedding


- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

