



One for All Campaign Core Messages

About COVID-19

COVID-19, commonly called coronavirus or novel coronavirus, is a respiratory illness that can spread from person to person.

- COVID-19 is most commonly spread from an infected person to others through:
 - The air by coughing and sneezing.
 - Close personal contact, such as touching or shaking hands.
 - Touching a surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

Symptoms of COVID-19 include coughing, fever, and shortness of breath.

- Not everyone who has COVID-19 will have the same symptoms. Symptoms can include coughing, fever, and difficulty breathing. These symptoms can range from mild to very severe.
- Symptoms may appear 2-14 days after being exposed to the virus.
- Some people who have COVID-19 do not feel sick or show symptoms but can still spread the virus to others.
- The virus can affect any of us. All age groups should take the risk of COVID-19 seriously.
 - Older people and people with pre-existing medical conditions (like asthma, lung disease, diabetes, or heart disease) appear to be highest risk of becoming severely ill with the virus.
 - There is no way to predict how coronavirus will affect you. All Missourians need to take action to stop the spread of COVID-19.
 - The best solution is to take steps to prevent getting the virus in the first place:
 - Stay home as much as possible and avoid unnecessary visitors.
 - Avoid crowds and stay at least six feet away from other people who don't live with you.
 - Wash your hands frequently, with soap, for at least 20 seconds.
 - Don't touch your face.
 - If you must go out in public, cover your nose and mouth with a face mask.
 - Avoid touching frequently touched surfaces in public like elevator buttons, door handles or handrails.

What to Do

If you think you are sick with COVID-19, call your doctor for medical advice. Stay home except to get medical care.

- **Stay home.** If you have mild symptoms, you may be able to recover at home. If you have symptoms of COVID-19, call your doctor. Your doctor may refer you for testing to confirm that you have it. Follow the advice of your doctor and local public health department while isolating in your home.



- **Take care of yourself.** Although there is currently no treatment specifically for COVID-19, you can take steps to manage your symptoms at home. But it is important to reach out to and stay connected with your doctor for specific advice.
 - Rest and sleep.
 - Drink plenty of fluids.
 - Use a room humidifier or take a hot shower to help ease sore throat and cough.

- **Stay in touch with your doctor.** Call before you try to get medical care.

- **Call 911 if you think it's an emergency** or if you have an emergency warning sign, like shortness of breath that turns into trouble breathing or a high fever. If you call for an ambulance, tell the emergency responders that you have COVID-19 symptoms so they can take extra steps to protect themselves from infection.

- **Stay away from other people in your home.**
 - You should stay in a specific “sick room” if possible and away from other people in your home.
 - Use a separate bathroom if you can.
 - Wear a cloth face covering that covers both the nose and mouth when you must be around other people if you do not have difficulty breathing.
 - If you can not wear a cloth face covering, other people in your home should wear one. Cloth face coverings should not be placed on young children under age 2.
 - Wash your hands often with soap and water for at least 20 seconds.
 - Clean and disinfect all frequently touched surfaces in your “sick room” and bathroom every day with soap and water followed by a household disinfecting wipe or spray.
 - Always follow directions and use disinfectants safely. Do not mix household chemicals and never mix cleaning products containing bleach with those containing ammonia.

- **Stay away from pets in your home.**
 - The American Veterinary Medical Association recommends staying away from pets if you are sick with COVID-19.
 - When possible, have another family member take care of feeding and caring for your pet.
 - If this isn't possible, or if you have a service animal, take the following precautions:
 - Wear a cloth face covering when caring for your pet or service animal if you do not have difficulty breathing.
 - Do not pet, share food, kiss, or hug your pet or service animal.
 - Wash your hands before and after any contact with your pet or service animal.
 - Do not share dishes, towels, or bedding with your pet or service animal.
 - At this time there is no evidence that pets can become sick with or spread COVID-19.
 - While the CDC has not received any reports of pets becoming sick with COVID-19 in the United States, there have been pets in Hong Kong and Belgium that have tested positive for COVID-19.
 - If your pet is sick, call your local veterinarian. Tell them if you or a family member is sick with COVID-19.



If you develop emergency warning signs for COVID-19, get medical attention immediately.

- Call 911 and notify the operator that you have or think you have COVID-19.
- Emergency warning signs include:
 - Shortness of breath or difficulty breathing.
 - Ongoing pain or pressure in your chest.
 - New mental confusion or inability to wake a person.
 - Bluish lips or face.
- This list is not all inclusive. If you think it's an emergency, call 911.
- Severe complications from the virus include pneumonia, organ failure, and death.

Stop the Spread

We can all take actions to stop the spread of COVID-19, which will save lives and protect the long-term health of our communities.

- Stay home.
- Practice physical distancing. Do not gather in groups.
 - If you must go out, stay at least six feet from others to avoid spreading germs.
 - If you must go out, cover your mouth and nose with a mask, scarf, or bandana.
- Wash your hands often using soap and water for at least 20 seconds.
- Try not to touch your face.
- Cover coughs and sneezes with a tissue or use the inside of your elbow.
- Clean and disinfect frequently touched objects and surfaces.
- If you feel sick, stay home and call your doctor.

Governor Parson has issued a statewide “Stay Home Missouri” order. This means Missourians need to avoid leaving their homes unless necessary.

- Necessary or essential trips include going to the grocery store, doctor's appointments, gas stations, and banks. To limit your trips, consider:
 - Mail-order for medications.
 - Grocery delivery services available through your grocery store or services like Instacart.
 - Working from home if possible.
- Designate one person from your household to make any necessary shopping trips. This limits the possibilities that someone in your home will be exposed to the virus.
- Look for stores that offer curbside pickup and will bring orders out to your car.
- You can participate in outdoor recreation like walking, running, or biking. Remember to keep at least six feet away from others.
- When making essential trips or participating in activities outside, it is important to follow physical distancing guidelines and stay at least six feet away from others.

Physical distancing, also called “social distancing,” means staying at least six feet away from anyone you don't live with. It can help stop the spread of COVID-19 by reducing close contact between people.

- A six-foot distance is about the same as:
 - The width of the average car.



- A normal, three-seat couch.
- The length of a mattress.
- The height of a door.
- Even people who don't have symptoms or feel sick can spread COVID-19 to others. To stop the spread, practice physical distancing even if you and the people around you feel healthy.
- Avoid any place or event where there are large groups of people. This may include public transportation, shopping malls, church services, and gyms.
- Avoid having any unnecessary visitors or workers in your house, and do not visit others in their homes.
- It is important to continue physical distancing even if COVID-19 seems to be slowing in your community. Follow the recommendations from public health experts in your area.

If you need to leave your home, wear a cloth face covering or mask.

- Cloth face coverings offer some protection and help people who may have COVID-19 and do not know it from spreading it to others when talking, sneezing, or coughing.
- Cloth face coverings should *not* be placed on young children under age 2, anyone who has trouble breathing, or anyone who is unable to remove the mask without help.
- Face coverings are not a replacement for other measures of protection like hand washing and physical distancing. We should still wash our hands frequently with soap and water for at least 20 seconds and keep six feet between ourselves and others.
- Cloth face coverings should:
 - Fit snugly but comfortably against the side of the face.
 - Be secured with ties or ear loops.
 - Include multiple layers of fabric.
 - Allow for breathing without restriction.
 - Be able to be washed with hot water in a washing machine.
- When removing a face covering, be careful not to touch your eyes, nose, and mouth, and wash your hands immediately after removing.
- The CDC has instructions for two kinds of cloth face coverings – one you can sew and one you can make without sewing: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

The more consistently we all stay at home, follow physical distancing guidelines, and continue other actions like washing our hands, the sooner we will be able to return to a more familiar way of life.

- It is impossible to predict exactly when we will be able to fully return to more familiar way of life without these restrictions.
 - It will take time and will likely not be over quickly.
 - The more we stay home, the sooner it will happen.
- Keep in mind that once a stay-at-home order is lifted, there will be a gradual process of returning to normal and moving about in public freely.
 - Physical distancing and other safety practices like staying at home will likely need to continue for some time after orders are lifted to make sure there is not a new increase in the number of COVID-19 cases.
 - If the number of new cases rises quickly again, there may be additional stay-at-home orders.



- The best guidance on what to do in this stage will come from our local public health experts.
 - When we start to return to work and daily activities, we will need to continue physical distancing and other safety measures.
 - For example, when the statewide “Stay Home Missouri” order is lifted, there may still be local stay-at-home orders. After stay-at-home orders, there may still be limitations on how large group gatherings can be.
- The actions of one affect us all. We all need to commit to staying at home for the near future, even if COVID-19 seems to be slowing or does not appear to be impacting your community.
 - The actions we take today will impact the number of infections in the coming weeks and months and how long it will take to return to our normal way of life.

About the One for All Campaign

One for All is a campaign aimed at sharing accurate, timely, easy-to-understand information and resources on COVID-19 with Missourians so we can stop the spread of the virus.

- In this public health emergency, knowledge is power. The more we know about COVID-19, the more we can do to stop the spread.
- Stopping the spread of COVID-19 must be a statewide effort. We all need to do our part to protect ourselves, our loved ones and neighbors.
- One for All is a collaborative effort driven by Missouri Center for Public Health Excellence and powered by Missouri Foundation for Health.
- We are using our voices to reach Missourians with clear, consistent, accurate, and actionable information about COVID-19 that they can use and share with others.
- By working together, we will make sure our communities can successfully fight this virus and return to a more familiar way of life.
- People can visit our website at www.oneforallmo.com, or connect with us on Facebook and Twitter.