



COVID-19 PUBLIC HEALTH RECOMMENDATIONS AS OF MARCH 13, 2020

1) High Risk Populations: Limit Interactions

- Vulnerable populations include people who are:
 - 60 years old and older.
 - People with certain health conditions such as heart disease, lung disease, diabetes, kidney disease and weakened immune systems.
 - People who are pregnant or were pregnant in the last two weeks.

2) General Public: Do your part

The best way for Clark County residents to reduce their risk of getting sick, as with seasonal colds or the flu, still applies to prevent COVID-19:

- Wash hands with soap and water for at least 20 seconds.
- Cover your cough or sneeze.
- Stay home if you are sick.
- Avoid touching your face.
- Try to avoid shaking hands. Practice alternatives such as waving.
- If you have recently returned from a country, state or region with ongoing COVID-19 infections, monitor your health and follow the instructions of public health officials.
- Avoid going to the Emergency Department for non-emergency care.
- Do not visit high-risk individuals if you are ill and limit visitation to any residence where there are people who are at high risk of poor outcomes related to COVID-19 (e.g., nursing homes, skilled nursing facilities).

You can also prepare for the possible disruption caused by an outbreak. Preparedness actions include:

- Prepare to work from home if possible.
- Make sure you have a supply of all essential medications for your family.
- Make arrangements about how your family will manage a school closure.
- Plan for how you, your child, or another family member will be cared for if sick.
- Keep common spaces and frequently touched surfaces cleaned with disinfecting sprays, wipes or common household cleaning products.

3) Workplace and Businesses: Minimize Exposure

- Provide education regarding COVID-19 and the importance of hand hygiene, cough/sneeze etiquette, avoiding touching face/eyes/nose/mouth
- Suspend nonessential employee travel.
- Consider staggering work shifts to reduce the number of people physically at work at any one time.
- Take steps to increase the physical space between employees and minimize or cancel

large in-person meetings and conferences.

- Urge employees to stay home when they are sick and allow for flexibility in sick leave.
- Consider encouraging telework if possible for your organization.

4) Large Gatherings: Cancel Non-essential Events

- The Health District recommends postponing large gatherings such as concerts, sporting events, conventions or large community events.
- Do not attend any events or gatherings if sick.
- For events that are not cancelled, the Health District recommends ensuring:
 - hand washing capabilities, hand sanitizers and tissues are available.
 - Frequent cleaning of high touch surface areas like counter tops and hand rails.
 - Take steps to increase the physical space between attendees to minimize close contact.
 - encourage attendees to report and discontinue attendance if they develop any of these symptoms during the event.

5) Schools: Safety First

- If there is a confirmed case of COVID-19 at a school, the Health District will work with school authorities to determine the best measures including potential school closure. If multiple schools are identified with COVID-19 cases, the Health District will discuss with the Clark County Schools District, charter school, and private school authorities the potential need for temporary closure of multiple schools, or the school district at large.
- Do not go to school if sick.
- Consider reducing group sizes within school and staggering lunches for large population schools.
- Consider shortening class sessions to allow time during each class for hand washing, especially before class breaks or lunch
- If you have a child with chronic health conditions, consult your doctor about school attendance.
- Equip all schools and classrooms with hand sanitizers and tissues.
- Recommend rescheduling or cancelling large non-essential events.
- Explore remote teaching and online options to continue learning.
- Schools should develop a plan for citywide school closures, and families should prepare for potential closures.

The Southern Nevada Health District has information available on its website at snhd.info. The **702 759 INFO** (4636) COVID-19 information line is for all inquiries, from medical providers to the general public. The John Hopkins website for COVID-19 is currently considered the most up to date information available.

<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>