

# CORONAVIRUS (COVID-19)



DELAWARE HEALTH  
AND SOCIAL SERVICES  
Division of Public Health



## IF YOU HAVE TESTED POSITIVE FOR THE CORONAVIRUS (COVID-19)

If you have tested positive for coronavirus (COVID-19) and need additional services like food, medical, housing, or general assistance call:

**302-571-4900**

- **Press (1)** for English, Haitian-Creole or another language
- **Press (2)** for Spanish



Please identify yourself as calling from a COVID-19 testing site, so you are directed to the right resource.

## ¿TUVO UN RESULTADO POSITIVO DEL CORONAVIRUS? ¿NECESITA RECURSOS ADICIONALES?

Si tiene un resultado positivo del coronavirus (COVID-19), y necesita conseguir servicios sociales adicionales como comida, servicios médicos, o ayuda con alojamiento, llame al centro de atención telefónica de la división de servicios sociales (DSS) a

**302-571-4900**

- **Marque (1)** para inglés, criollo haitiano u otro
- **Marque (2)** para español



Por favor identificarse si está llamando del un sitio de pruebas para el coronavirus (COVID-19) para que sea conectada con los recursos correctos.

## SI OU TE TESTE POZITIF POU KOWONAVIRIS (COVID-19)

la epi ou bezwen plis sèvis tankou manje, medikal, kay, oswa asistans an jeneral, rele

**302-571-4900**

- **Peze (1)** pou Angle, Kreyòl Ayisyen oswa yon lòt lang
- **Peze (2)** pou Panyòl



Tanpri idantifye tèt ou kòm yon moun ki ap rele nan yon nan sit tès pou COVID-19 yo, pou yo ka dirije nan yon resous ki pi bon pou ou.

**CONTACT US.**



[DPHcall@delaware.gov](mailto:DPHcall@delaware.gov)

Those who are deaf and hard of hearing can dial 7-1-1.

**LLAME AL:**



[DPHcall@delaware.gov](mailto:DPHcall@delaware.gov)

Personas con discapacidades auditivas pueden llamar a 7-1-1.

**KONTAKTE NOU.**



[DPHcall@delaware.gov](mailto:DPHcall@delaware.gov)

Moun ki soud ak moun ki tande di ka rele nan 7-1-1.

[de.gov/coronavirus](https://de.gov/coronavirus)

# THE DIFFERENCE BETWEEN SELF-ISOLATION AND SELF-QUARANTINE

Isolation and quarantine help protect the public by preventing exposure to people who have a contagious disease.

- **Isolation** separates sick, contagious people from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

## SELF-ISOLATE

**If you have been diagnosed with COVID-19, are awaiting results or have symptoms such as cough, fever, or shortness of breath:**

1. Stay in a specific “sick room” or area, away from people or animals, including pets. If possible, use a separate bathroom.
2. Remain in your area for a minimum of 10 days after your test, or 3 days after symptoms go away, whichever is longer. Follow any specific direction your health care provider may give you.
3. Leave your designated self-isolation area for medical emergencies only.
4. Continue to stay in your area if you become ill with a fever or cough. You should immediately contact a health care provider for instructions on treatment and testing.
5. **Call 9-1-1** if you need urgent care and let the dispatcher know your location and that you are in required self-isolation.

## SELF-QUARANTINE

**If you feel healthy but recently had close contact with a person with COVID-19 or traveled from outside the United States or on a cruise ship or riverboat:**

1. Check your temperature twice a day and watch for symptoms.
2. Stay home for 14 days **and** self-monitor.
3. Watch for **fever, cough or shortness of breath**.
4. If possible, stay away from people who are high-risk (elderly or people with chronic health conditions) for getting very sick from COVID-19.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

**Don't wait if you have symptoms.**

Call 2-1-1 for help, even if you don't have a primary care doctor.  
Text your ZIP code to 898-211 for those who are deaf or hard of hearing or email [DPHCall@delaware.gov](mailto:DPHCall@delaware.gov).



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## COVID-19: STOP THE SPREAD OF HOUSEHOLD GERMS

### ORAL HEALTH SAFETY TIPS

#### **NEVER SHARE TOOTHBRUSHES OR TOOTHPASTE.**

To avoid spreading germs, give every person in your household their own toothbrush and toothpaste to use.

#### **RINSE YOUR TOOTHBRUSH AFTER USE.**

After brushing, rinse your toothbrush with tap water until it is completely clean, let the toothbrush air-dry, and store it in an upright position. If more than one brush is stored in the same container, do not let them touch each other. You do not need to soak toothbrushes in disinfecting solutions or mouthwash. **Bleach or other household disinfectants should NEVER be used to disinfect toothbrushes.** The Centers for Disease Control and Prevention (CDC) advises against using your dishwasher, microwave, or ultraviolet devices to disinfect toothbrushes.

#### **WHERE TO STORE YOUR TOOTHBRUSH.**

Find a place on your bathroom counter as far from the toilet and sink as possible. If you have limited space, consider a wall-mounted toothbrush holder placed far enough above the sink to prevent splashing, and at least four feet from the toilet bowl. Always close the lid to the toilet bowl before flushing. Bacteria filled water droplets from flushing the toilet and washing hands can be transferred to toothbrushes that are too close.

Studies from the CDC have found that coronavirus may also be spread through fecal matter (<https://www.cdc.gov/coronavirus/2019-ncov/php/water.html>).

#### **REPLACE YOUR TOOTHBRUSH OFTEN.**

In general, toothbrushes should be replaced every 3-4 months, or when bristles start to fray. However, if you are immunocompromised or taking an immunosuppressant, it is recommended that you change your toothbrush more frequently. Consult with your healthcare provider for more detail(s).

#### **CLEAN AND DISINFECT YOUR BATHROOM OFTEN.**

What's the difference? Cleaning removes germs and debris from surfaces or objects by using soap (or detergent) and water to physically remove germs from surfaces.

Disinfectant uses chemicals to kill germs on surfaces or objects. Cleaning and disinfecting together greatly reduces the risk of spreading infection. Brushing, flossing, and rinsing create droplets in the air called aerosols, and even the cleanest person spreads droplets everywhere in the process. These droplets contain the germs that spread common diseases, including COVID-19.

#### **USE A SEPARATE BATHROOM WHEN SICK.**

If possible, have a person who is sick use a bathroom that is not shared with the other people in the household.

#### **WASH HANDS OFTEN.**

Wash your hands often with soap and water for at least 20 seconds, especially after brushing your teeth, blowing your nose, coughing, or sneezing, going to the bathroom, and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water is the best option if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

General recommendations for routine cleaning and disinfecting from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html#routine-cleaning>.

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[de.gov/coronavirus](https://de.gov/coronavirus)



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## PROTECT YOURSELF & OTHERS

### WASH YOUR HANDS FREQUENTLY

Be sure to wash your hands, including the backs and under your nails, for 20 seconds. Or use alcohol-based hand sanitizer.



### DO NOT TOUCH YOUR FACE

Do not touch your eyes, nose, or mouth with unwashed hands.



### CLEAN SURFACES REGULARLY

Clean commonly used surfaces such as phones, computers, desktops, countertops, cabinets and handles.



### COUGH OR SNEEZE INTO YOUR ELBOW

Do not sneeze into your hand. If you use tissue, dispose of it right away.

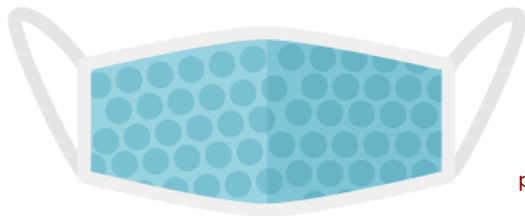
### STAY HOME WHEN YOU ARE SICK

Be safe. If you feel sick, stay home.



### PREVENT THE FLU. GET VACCINATED.

Be sure to receive your flu vaccine as soon as possible.



### YOU MUST WEAR CLOTH FACE COVERINGS IN PUBLIC

Delawareans are required to wear face coverings in public, including in grocery stores, convenience stores, pharmacies, doctor's offices, and on public transportation.

**Questions? Contact us.**

**2-1-1 or 7-1-1 for those who are deaf and hard of hearing.**

**Email [DPHCall@delaware.gov](mailto:DPHCall@delaware.gov)**

DELAWARE'S

# FACE MASK GUIDANCE



DELAWARE HEALTH  
AND SOCIAL SERVICES  
Division of Public Health

## YOU MUST WEAR CLOTH FACE COVERINGS IN PUBLIC



Grocery Stores

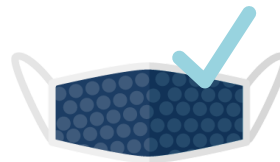


Public Transportation



Pharmacies

**MEDICAL OR SURGICAL MASKS SHOULD BE RESERVED FOR  
HEALTH CARE WORKERS.**



## YOU CAN CREATE YOUR OWN CLOTH FACE COVERING.

A cloth face covering may be factory-made or sewn by hand, or can be improvised from household items such as scarfs, T-shirts, sweatshirts, or towels.



## CHILDREN 2 AND YOUNGER MUST NOT WEAR FACE MASKS.

Children 2 and younger must **NOT** wear face coverings because of the risk of suffocation.



## REUSE YOUR CLOTH FACE COVERING, WASH AT LEAST ONCE A DAY.

Washing your cloth face covering frequently, ideally after each use, or at least daily is strongly recommended.



WASH  
**1X**  
A DAY

## FOR CHILDREN AGES 3-12 FACE MASKS ARE NOT REQUIRED.

Parents and caregivers must supervise use of face coverings by children to avoid misuse.



For more information visit [coronavirus.delaware.gov/guidance-for-face-coverings](https://coronavirus.delaware.gov/guidance-for-face-coverings)

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## Tips for Cleaning & Disinfecting Your Home



Everyday steps you need to take to keep you and your family healthy

### Surfaces:

Clean commonly used surfaces with any of these:



SOAP & WATER



DISINFECTANT



DILUTED BLEACH SOLUTION\*

\*1/3 cup of bleach to 1 gallon of water. (Pour the bleach into the container first and then add the water.)

### Surfaces to clean:

- Tables
- Door knobs
- Light switches
- Countertops
- Handles
- Desks
- Phones
- Keyboards
- Toilets
- Faucet
- Sinks



### Electronics



Use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly.



### Laundry



Use the warmest appropriate water setting and dry items completely.

## When someone is sick:

If possible, keep separate bedroom and bathroom for a person who is sick.

If you have a separate bedroom and bathroom: Only clean the area around the person who is sick when needed, such as when the area is soiled. Limit your contact with the person who is sick.

The person who is sick should eat or be fed in their room if possible.

Wash dishes and utensils using gloves and hot water.

If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing the garbage bags and disposing of the bag. Wash hands afterwards.

The person who is sick should clean and disinfect the bathroom after each use. If this is not possible, the caregiver should wait as long as possible after the sick person has used the bathroom before cleaning and disinfecting it.

Wear disposable gloves when handling dirty laundry from a sick person.

For more information: [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)

QUESTIONS? CONTACT US.



2-1-1



DPHcall@delaware.gov

Those who are deaf and heard of hearing, text your Zip Code to 898-211

[de.gov/coronavirus](https://de.gov/coronavirus)





**DSCYF**  
Department of Services for  
Children, Youth & Their Families

# RESILIENCY RESOURCES

## FAST FACTS: HOW TO FIND HELP

### CHILDREN'S MENTAL HEALTH SUPPORT

Crisis intervention services are available 24/7. Reach out if a child is experiencing a behavioral health crisis.

**Child Priority Response Hotline: 1-800-969-HELP(4357)**

**Crisis Text Line for Youth: Text DE to the number 741-741**

**National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**

### REPORT CHILD ABUSE OR NEGLECT

You can report suspected child abuse or neglect 24/7. Reporters can remain anonymous.

**Call: 1-800-292-9582**

**Report Online:**  
[iseethesigns.org](http://iseethesigns.org)

### NEED GENERAL HELP?

Reach out to the **DSCYF Access Unit** for information on behavioral health care and how to be connected with services and resources.

**Call 1-800-722-7710**

**Email:**  
[DSCYF\\_Intake\\_General@delaware.gov](mailto:DSCYF_Intake_General@delaware.gov)

**ALWAYS CALL 9-1-1 IN AN EMERGENCY**

## **Stress and Coping**

COVID-19 can cause more stress than usual in people's lives. It is common for people to feel more frustrated, irritable (cranky), and sad. These feelings are normal. It is also normal to feel stressed about having to work during this difficult time.

- Try to take breaks, do things you enjoy.
- Talk to people you trust.
- Stick to your regular routine- sleeping and eating meals on time.
- Turn off the news and media if it is stressful.
- Get outside and be active.
- Try slow, low breathing for 5-10 minutes per day.

If you are having trouble eating, sleeping, or doing the things that you usually enjoy or are easy for you, you can talk to someone for more help. If you are concerned about your child or children, they can also get help!

## **Mental Health Resources:**

**Web – Based:** HopeisHereDE.com

**Text:** DEHOPE to 55753

**Call:** 833-9-HOPEDE

\*The hotline can help get you connected to a provider.

### **Crisis Contact:**

Northern Delaware Hotline, call: 800-652-2929

Southern Delaware Hotline, call: 800-345-6785

Children's Crisis Hotline: 800-969-4357

**For Substance Abuse Assistance:** 800-345-6785

## **Mental Health Counseling:**

### **Spanish Speaking Providers:**

Westside Healthcare: 302-678-4622

Family Counseling Center of St. Paul's: 302-576-4136

La Esperanza: 302-854-9262

Centro de Salud La Red: 302-855-1233

### **Adult Bridge Clinics:**

New Castle County call 302-255-1650

Kent County call 302-857-5060

Sussex County call 302-515-3310

### **Pediatric Providers:**

Nemours Children's Health System: 302-651-4500

List by County:

<https://www.nemours.org/services/behavioral-health-resources/locations.html>