

**CLAYTON
COUNTY**

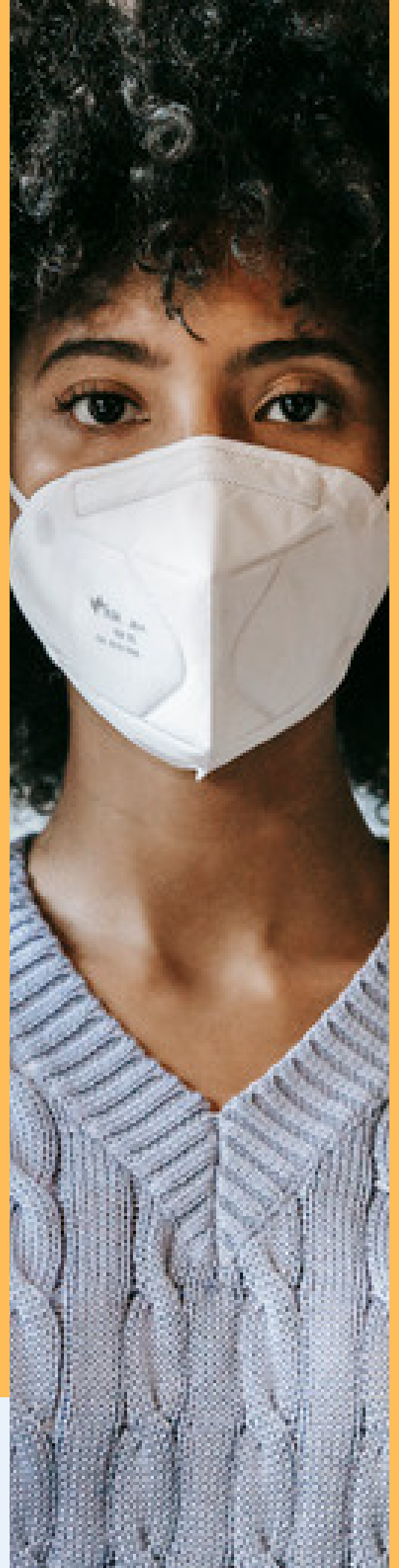
STAY SAFE
STAY HEALTHY

COVID-19 Tool Kit

For the most up-to-date
information on COVID-19
[Click here.](#)



If you reside or
work in
Clayton
County, it
takes all of us
to stop the
spread.



Clayton County Health District

<https://www.claytoncountypublichealth.org>

Phone: 678-610-7361 or 678-479-2232





**"WHAT YOU DO
TODAY CAN IMPROVE
ALL OF YOUR
TOMORROWS."**

- RALPH MARSTON

CLAYTON COUNTY COVID-19 TOOLKIT
DESIGNED BY
MOREHOUSE SCHOOL OF MEDICINE
GRANT NUMBER: 1 CPIMP211260-01-00



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Airborne transmission	Transferred through the air, as in the case of COVID-19.
Asymptomatic	Showing no symptoms.
Boosted	A person is considered “boosted” and up to date right after getting their COVID-19 booster shot.
Droplet	A small drop of fluid. Drops of mucus and saliva are expelled into the air when a person coughs or sneezes, talks, laughs or sings.
Fully vaccinated	A person has received all doses of COVID-19 vaccine.

**Immuno -
compromised**

Having a weakened immune system can make you more likely to get ill from COVID-19.

Isolation

Term used for separation of individuals with confirmed or suspected COVID-19 from those without COVID-19.

Outbreak

An unusually high number of COVID-19 cases in a particular location, for instance, on a cruise ship or in a daycare center or hospital.

Pandemic

An infectious disease that spreads over several countries and continents, infecting large numbers of people.

**Physical
distancing**

The practice of staying at least 6 feet away from others to avoid catching a disease such as COVID-19.

PPE	Personal protective equipment. This refers to the masks, gowns, goggles and other protective clothing to protect against COVID-19.
Quarantine	A term used for the separation of a person or group of people believed to have been exposed to COVID-19 but not yet showing symptoms from others who have not been exposed to prevent the spread of COVID-19.
Social distancing	A term for the need to stay home and away from others as much as possible to help prevent spread of COVID-19.
Up-to-date	A person has received all recommended COVID-19 vaccines, including any booster shots.
Ventilator	Device used to help people breathe by pumping air into lungs.

CLAYTON COUNTY

DURING

COVID-19
& BEYOND

Our mission is to improve the overall health and safety of the community through health promotion, prevention of disease, protection, and disaster preparedness planning activities that are evidence-based and data-driven.



Clayton County
Health District

Protecting & Improving The Health of Our Community

Clayton County &
COVID-19

COVID-19 Testing
Information

Weekly Status Report
of COVID-19 Cases in
Clayton County

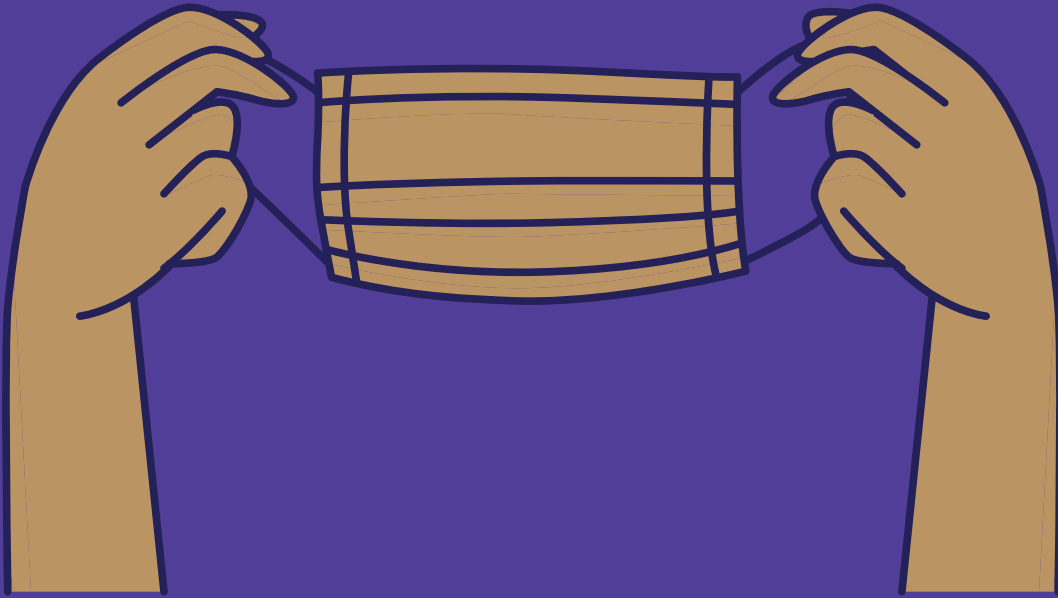
Preparing &
Responding to
COVID-19

**STAY UP-TO-DATE WITH LATE BREAKING, REALTIME RESOURCES
BY VISITING THE CLAYTON COUNTY HEALTH DISTRICT WEBSITE.**

For questions or concerns, please visit the [Clayton County Health District](#) website to learn more.

How to Safely Wear a Medical Mask

Source: World Health Organization



Dont's

- ✘ Don't use a ripped or damp mask
- ✘ Do not wear the mask only over mouth or nose (both must be covered)
- ✘ Do not wear a loose mask
- ✘ Do not touch the front of the mask
- ✘ Do not do other things that will require touching the mask
- ✘ Do not leave used masks within the reach of others

Do's

- ✓ Adjust the mask without leaving gaps on the side
- ✓ Avoid touching the mask
- ✓ Use the straps to remove the mask
- ✓ Keep the mask away from you or any surface when removing it
- ✓ Discard the mask immediately after use, preferably into a closed bin
- ✓ Wash your hands after
 - ✓ Wash hands with soap and water for at least 20 seconds before and after touching the mask. If soap and water are not available, the CDC recommends using an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
- ✓ Check the mask for any tears or holes
- ✓ Find the top side where the metal piece or stiff edge is
- ✓ Ensure that the colored side faces outwards
- ✓ Place the metal piece/stiff edge over your nose
- ✓ Cover your mouth, nose, and chin.

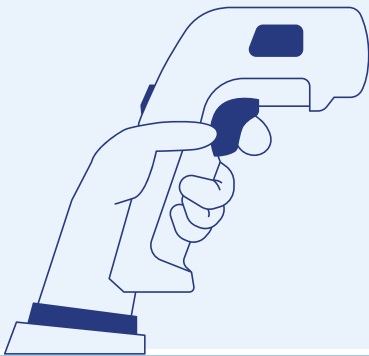
SELF-QUARANTINE PROCEDURES

Self-quarantine is recommended for individuals who have been directly exposed to COVID-19 or have a history of travel in infected or heavily populated areas.



STAY AT HOME

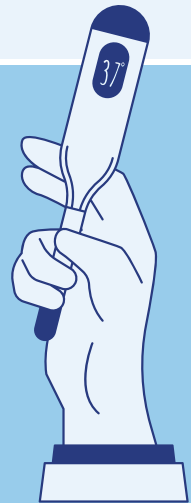
Limit all travel, unless going out for food, medicine and other essentials



CHECK YOUR TEMPERATURE
at least two times a day

WATCH OUT FOR OTHER SYMPTOMS

COVID-19 symptoms include fever, cough, difficulty breathing, and fatigue. [Click here to find a list of additional symptoms provided by the CDC.](#)





PRACTICE SOCIAL DISTANCING

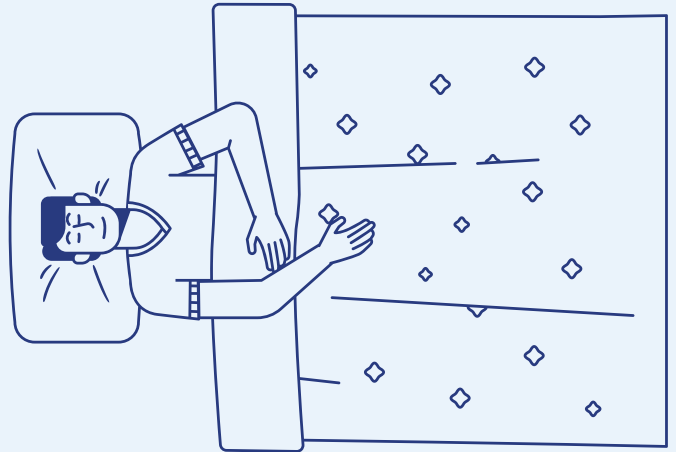
If you need to go out, maintain at least 2m (6ft) distance from others



WASH YOUR HANDS WITH SOAP AND WATER

You can also use alcohol or hand sanitizer

STAY IN A DESIGNATED ROOM
and use a designated toilet/bathroom if possible



CALL YOUR DOCTOR OR HOSPITAL BEFORE VISITING

If you need medical attention (whether for viral symptoms or other medical care reasons), contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival

SELF-ISOLATION PROCEDURES

Self-Isolation is recommended for people that have tested positive for COVID-19, even if you don't have symptoms.



- **Monitor Your Symptoms**
If you have trouble breathing, seek emergency medical care immediately.

- **Isolate**
Stay in a separate room from other household members and use a different bathroom, if possible.

- **Avoid Contact**
Don't share personal household items, like cups, towels, and utensils.

- **Wear a Mask**
Wear a well-fitting mask when you need to be around other people.

Unite To Stop The Spread

Get your COVID-19 vaccine to protect yourself and others from getting sick and follow the 7 steps to prevent the spread COVID-19.

#StopTheSpread

7 Steps to prevent the spread of COVID-19

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose, and mouth
- 03** Cover your mouth when you cough using a tissue or the bend of your elbow
- 04** Avoid crowded places and close contact with anyone who has a fever or cough
- 05** Stay home if you feel unwell
- 06** Seek medical care early if you have a fever, cough, and difficulty breathing—but call first
- 07** Get information from trusted sources

Source: World Health Organization

Staying safe on the job during the COVID-19 outbreak



Wear a mask.



Wash your hands.



**Cover your nose
and mouth.**



**Maintain healthy
habits.**



**Practice social
distancing.**



**Clean and
disinfect surfaces.**



**Stay home
when sick.**

If you're reporting to work during the pandemic, there are several steps you can take to protect your health. Not every job environment is the same. Follow the safety tips below that applies to you. Click on each title to download a guide detailing how to stay safe in your industry.

- **For All Industries**

A guide to making your workplace secure and safe for employees returning to the office.

- **For Educators**

A guide to cleaning classrooms and materials to help keep students, teachers and administrators safe.

- **For Faith Leaders**

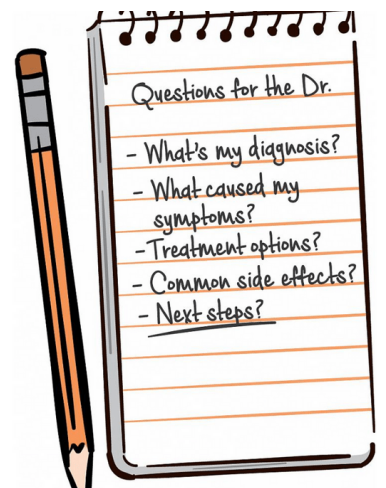
A guide to making spaces safe.

- **Employee Health and Safety**

Following these guidelines will help create a safer working environment as your workplace reopens.

COMMUNICATING WITH YOUR DOCTOR DURING COVID-19 & BEYOND

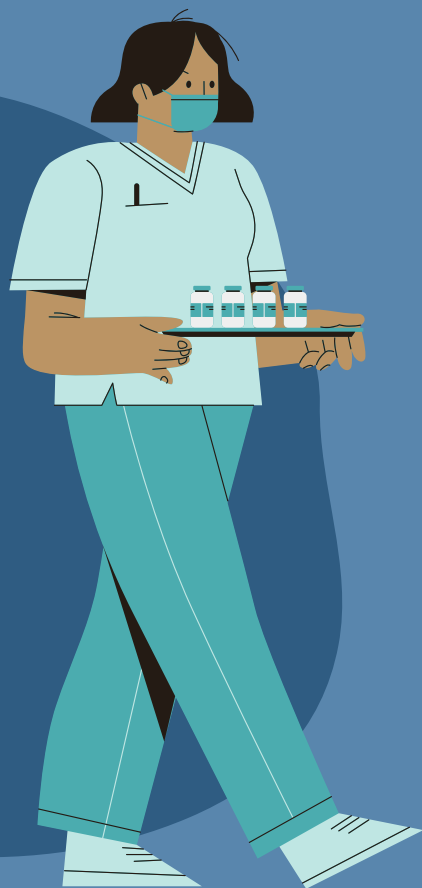
Be clear and honest with your doctor so you both can make smart choices about your health.



HOW TO IMPROVE COMMUNICATION



Tips you need to know:



Make a list of any concerns and questions you have. Bring this list to your appointment, so you won't forget anything.



Be clear and honest when talking to your doctor.



No question or concern is embarrassing when it comes to your health.



Consider taking along a family member or friend when you visit the doctor, this can help you feel more comfortable.



If you don't understand something, ask questions until you do. Do not turn to the internet to self diagnose.



Keep records of medications and list of physicians and/or health care providers you have seen in the past.

[FOR MORE TIPS, CLICK HERE.](#)

Helpful Tips for Doctor's Appointment

Use these helpful tips during and after COVID-19 to get the most out of your healthcare visit.

Things You Should Know Before Arrival to Your Doctor's Office

COVID-19 Guidance

- May have to wait in your car until your appointment time
- Have a health screening.
- Wear a face mask.
- Encouraged to use hand sanitizer.
- To social distance.
- Know visitor guidelines before visit.
- You may be tested for COVID-19 before having a procedure or surgery.

Before Your Office Visit

- Find someone to go with you for your visit.
- Write down your symptoms or questions.
- Keep a record of your temperature with a thermometer at home.
- Bring a current list of all medications - prescriptions, over-the-counter drugs, herbal products, and vitamins.
- Make a list of allergies - especially any concerning medicine or food.
- Know your personal and family medical history, including surgeries, serious illnesses, etc.
- Evaluate your lifestyle habits, including eating and drinking habits, as well as how much you sleep or exercise.
- Make a note of any other health concerns about which you may want to speak with your physician.
- Bring along the address, phone, and fax numbers of the pharmacy you prefer to use.

During Your Office Visit

- Review list with your doctor.
- Ask your doctor questions.
- Take notes or have someone take them for you.
- Get a clear understanding on what you need to do.
- Find out if you need a follow-up appointment or have to go to another doctor or specialist.
- Read side effects of any of the medications your doctor prescribes during your office visit.

Click [here](#) to visit MyHealthfinder to get personalized recommendations for screenings and vaccines. Discuss these findings with your doctor.

After Your Office Visit

- Follow your doctor's advice.
- If you don't understand any of the instructions, call your doctor's office.
- If you begin to feel worse or have side effects from medications, contact your doctor's office immediately.
- In urgent matters, do not hesitate to call 911.
- Keep all follow-up appointments.

Have you been delaying medical care because of COVID-19?

DELAYING MEDICAL CARE INCLUDING ANNUAL DOCTOR VISITS COULD PUT YOU AT GREATER RISK FOR THE DEVELOPMENT OF CHRONIC MEDICAL CONDITIONS.

Chronic diseases that have been most impacted by COVID-19 due to the reduction in care.	
Diabetes	Depression
COPD	Cancer
High Blood Pressure	Obesity management
Heart Disease	Chronic kidney disease
Asthma	Stroke

PUT YOUR HEALTH FIRST, IT CAN'T WAIT

What to Expect During Your Doctor's Appointment

CLICK ON EACH TILE TO LEARN MORE.



1

Getting care in a COVID world? Here's what you can expect.

2

Simple helpful hints and guidelines for before, during, and after your visit.

3

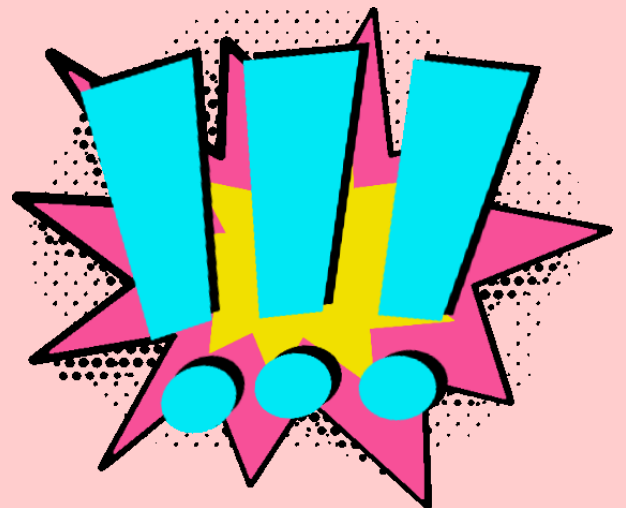
What to expect at your yearly checkup.

[Doctor's Visits: Why Checkups Are Vital, Click here to learn more.](#)

STAY ON TOP OF YOUR HEALTH,
PREVENTION IS KEY

DATING DURING COVID-19

During the COVID-19 pandemic, dating app companies reported **700 percent increase** in the amount of users.



Experts warn of a rise in sexually transmitted diseases post pandemic.

Click the titles to learn more about how to navigate dating safely during and post pandemic.

- **Social Distancing While Dating**
Learn tips on how to stay healthy while dating including physically distant and virtual date ideas.
- **Upholding Your Boundaries**
Making romantic connections during COVID-19.
- **Ready to Date During the Pandemic?**
Tips for a Successful First Date.

TRAVELING DURING COVID-19

Family ties have no borders. Stay up-to-date with the latest travel restrictions and how to keep your family safe.



The CDC recommends getting fully vaccinated before traveling within the United States or internationally.

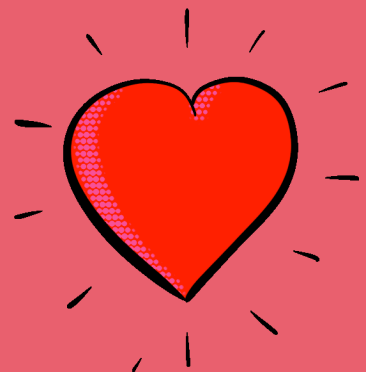
International travel may pose additional risks, and even fully vaccinated travelers may be at increased risk for getting and spreading COVID-19.

Click the titles to learn more.

- **Tips on How to Stay Safe**
Staying safe during air travel, public transportation, hotels and other lodging.
- **COVID Testing**
COVID-19 testings sites in Clayton County.
- **Traveling During a Pandemic**
Recommendations for before, during, and after travel.
- **Video: How to Reduce Risks If You Must Travel**
Ways to minimize exposure and transmission risks.
- **Travel Recommendations by Destination**
Find travel requirements, recommendations, and information by vaccination status for global travel.

PREGNANCY **DURING** **COVID-19**

Pregnant women with COVID-19 are more likely to have a premature birth and cesarean delivery.



Pregnant or recently pregnant people are at an increased risk for severe illness from COVID-19 compared with those who are not pregnant.

Severe illness includes illness that requires hospitalization, intensive care, need for a ventilator or special equipment to breathe, or illness that results in death.

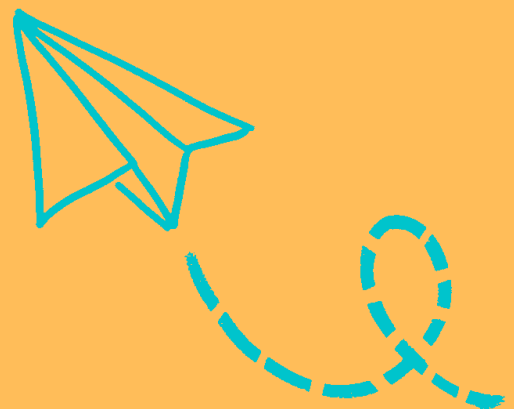
If you have any questions or concerns, please speak to your prenatal healthcare provider.

Click the titles to learn more.

- **Tips for New Mothers**
Coping with a new baby during COVID-19.
- **Breastfeeding & COVID-19**
CDC recommendations on breastfeeding and caring for newborns.
- **Getting Vaccinated While Pregnant**
Learn more about the safety and effectiveness of the COVID-19 vaccine during Pregnancy.

PARENTING **DURING** **COVID-19**

Keeping the calm in a pandemic.
School closures, working remote,
physical distancing, learn how to best
navigate these unprecedented times.



Discover tips and advice on how to navigate parenting challenges.

Click the titles to learn more.

- **Manage Financial Stress**

7 things you can do to reduce your financial stress.

- **Activities For Your Children**

- At-Home Activities to Help Kids Cope with isolation.

- **Parenting Teens**

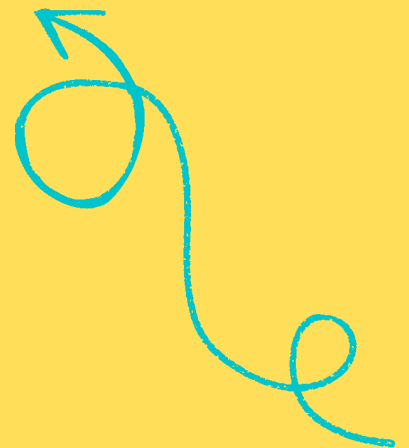
- Supporting teenagers and young adults during COVID-19.

- **Local Resources**

- **Securus House:** provides shelter, support, counseling and advocacy for victims of family violence
- **Shelter Listings:** lists shelters and low cost housing services in Clayton County and surrounding areas.
- **United Way:** offers financial services, housing assistance, and other community programs.
- **Clayton County Children's Special Programs:** supports children with special needs and their families.

OLDER ADULTS **DURING** **COVID-19**

The risk of severe illness from COVID-19 increases with age. Stay informed, reduce the risk for hospitalization in older adults.



Older adults are more likely to get very sick from COVID-19 requiring hospitalization, intensive care, or a ventilator to help with breathing. The risk increases for people in their 50s and increases in 60s, 70s, and 80s. People 85 and older are the most likely to get very sick.

Click the titles to learn more.

- **Emergency Preparedness for Older Adults**
Be prepared for emergency situations by creating a plan, reviewing or practicing it regularly, and keeping an emergency supply kit.
- **Caregiving for Older Adults**
Resources for needs and concerns of older adults and their caregivers.
- **COVID-19 Recommendations for Older Adults**
Learn more about vaccines, guidance for high risk individuals, and mental health.

COVID-19

VACCINES

Protect yourself, protect your children, protect each other.

COVID-19 vaccines are safe and effective at reducing the risk of getting and spreading the virus that causes COVID-19.



GET VACCINATED

TOGETHER WE CAN OVERCOME
COVID-19

All currently authorized and recommended COVID-19 vaccines are safe and effective.

The CDC does not recommend one vaccine over another.



The COVID-19 Vaccines

Protect Yourself & Loved Ones

What is a mRNA COVID-19 vaccine?

Key Information You Should Know

COVID-19 Educational Resources

Resources for Refugees, Immigrants, and Migrants

COVID-19's Impact on the Incarcerated

AA and NHPI In-Language Resources for COVID-19



COVID-19 vaccines are effective at protecting people from getting seriously ill, getting hospitalized, and dying. People who are up to date with their shots are optimally protected.

The CDC recommends that everyone 5 years and older get their primary series of COVID-19 vaccines, and receive a booster shot when eligible.

Pfizer-BioNTech	Moderna	Johnson & Johnson's Janssen
<p>Ages Recommended</p> <p>5+ years old</p>	<p>Ages Recommended</p> <p>18+ years old</p>	<p>Ages Recommended</p> <p>18+ years old</p>
<p>2 doses</p> <p>Given 3 weeks (21 days) apart</p>	<p>2 doses</p> <p>Given 4 weeks (28 days) apart</p>	<p>1 dose</p>
<p>Fully Vaccinated</p> <p>2 weeks after final dose</p>	<p>Fully Vaccinated</p> <p>2 weeks after final dose</p>	<p>Fully Vaccinated</p> <p>2 weeks after 1st dose</p>
<p>Booster Dose</p> <p>Everyone ages 12+ should get a booster dose at least 5 months after the last dose in their primary series.</p> <ul style="list-style-type: none"> • Teens 12-17 should only get a Pfizer-BioNTech COVID-19 Vaccine booster • Everyone 18+ should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) 	<p>Booster Dose</p> <p>Everyone ages 18+ should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) at least 5 months after the last dose in their primary series.</p>	<p>Booster Dose</p> <p>Everyone ages 18+ should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) at least 2 months after the first dose of J&J/Janssen COVID-19 Vaccine. You may get J&J/Janssen <u>in some situations</u>, ask your healthcare provider.</p>
<p>When Boosted</p> <p>A person is considered “boosted” and up to date right after getting their booster dose.</p>	<p>When Boosted</p> <p>A person is considered “boosted” and up to date right after getting their booster dose.</p>	<p>When Boosted</p> <p>A person is considered “boosted” and up to date right after getting their booster dose.</p>

IF YOU ARE UNABLE TO BE VACCINATED DUE TO:

- Age (children younger than 5)
- Severely immunocompromised
- History of severe allergic reactions to any of the ingredients in the COVID-19 vaccine
- Had an allergic reaction to your first dose

Please follow the suggested guidance of the CDC.

If you are unvaccinated, you should continue to take all precautions including:

- **Wearing a Well-Fitted Mask**
Click here for a guide detailing how to pick the best fit, protection, and comfort.
- **Physically & Socially Distance**
Stay 6 feet away from others, avoid close contact and crowded places.
- **Ensure Proper Ventilation**
Open windows, use air filters, and turn on fans to help clear out virus particles in your home faster.
- **Test to Prevent the Spread to Others**
Click here to order free at home test kits.

If you are unvaccinated, you should continue to take all precautions including:

- Wash Your Hands Often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash your hands:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

● Cover coughs and Sneezes

- If you are wearing a mask: You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.
- If you are not wearing a mask:
 - Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do not spit.
 - Throw used tissues in the trash.
 - Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

If you are unvaccinated, you should continue to take all precautions including:

- Clean and Disinfect

Clean high touch surfaces regularly or as needed and after you have visitors in your home. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- Use household disinfectant products according to manufacturer's labeled directions.
- If surfaces are dirty, clean them using detergent or soap and water prior to disinfection.


● Monitor Your Health Daily

- Be alert for symptoms:
 - Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 - Take your temperature if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen (TYLENOL).
 - Follow CDC guidance if symptoms develop.
- Monitoring symptoms is especially important if you are running errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.



WE WANT YOUR FEEDBACK

Please click here to let us know what you
think about this toolkit.

A hand wearing a light blue nitrile glove is shown against a blurred background. The glove is held palm-up, and the words "Stop" and "COVID-19" are written on the back of the hand in a bright orange, hand-drawn font. The background is out of focus, showing what appears to be a person wearing a blue surgical cap.

Stop
COVID-19

STAY HEALTHY

CLAYTON

COUNTY

STAY SAFE

For the most up-to-date information on
COVID-19 [Click here.](https://www.claytoncountypublichealth.org)

Clayton County Health District
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Phone: 678-610-7361 or 678-479-2232

