

COVID-19 Culturally and Linguistically Competent Recommendations for Diverse Communities (Race and Ethnicity)



What is COVID-19?

COVID-19 is a new virus that has spread to people since December 2019. Health experts are concerned because the virus is spreading rapidly and has the potential to cause severe sickness and pneumonia.

How can I protect myself from getting COVID-19?



Wash Your Hands

- Wash your hands often with soap and water for at least 20 seconds to kill the COVID-19 virus.
 - You can carry water and a piece of bar soap to wash your hands if you are in public, or your family members' hands if they are out in public with you. You can also carry a rag, napkin, or paper towel to dry your hands.
- **If water and soap is not available, use hand sanitizer with at least 60% alcohol.*
- Try your very best to find hand sanitizer in your local community stores or online. If you do not have access to a computer and internet, ask a family member or friend if they can help you. Some doctor offices offer hand sanitizer to its patients, ask your doctor if that resource is available to you.
- Wearing gloves will not help protect you from COVID-19. Your hands can get the virus on them when putting gloves on and taking gloves off. To protect yourself and your family from COVID-19, you and your family should wash your hands often.

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Clean Surfaces and Objects

- A person can become infected with COVID-19 by touching a surface or object that has the virus on it, then touching their mouth nose or eyes. COVID-19 may live on surfaces for up to 3 days.
- To avoid spreading COVID-19 to your family, you should clean and disinfect commonly touched and visibly dirty surfaces and objects at home. ¹
 - It is important to clean surfaces like tables, countertops, doorknobs, light switches, handles, desks, toilets, faucets, sinks, etc.
 - It is important to clean objects like phones, tablets, keyboards, remote controls, etc.
- Cleaning is done with soap and water or another detergent.
- Disinfecting is done with cleaners (like Lysol or Clorox cleaners) to kill the virus.
 - Use the cleaner on the surface. Follow instructions on the label. ²
 - It can take up to 10 minutes of the surface being wet with cleaner before it works and the surface is really disinfected. The label on the cleaner has the best information.
 - If you don't have a disinfecting cleaner, cleaning with what you have is better than nothing. Use soap and water or a cleaner that contains 70% rubbing alcohol if available. Vinegar cleans but does not disinfect.
- Regular bleach is one of the best household products proven to disinfect and kill COVID-19, if used correctly. Make sure you prepare bleach by mixing 5 tablespoons (1/3 cup) of bleach per gallon of water or 4 teaspoons of bleach per 1 quart of water. Use on appropriate surface and leave for at least 1 minute.
 - Do not use bleach in surroundings where there are individuals who have conditions that make it hard to breath – like asthma, COPD (Chronic Obstructive Pulmonary Disease), and bronchitis. Bleach can make those conditions worse.
 - Make sure the bleach you are using is not expired.
- Wear gloves that stop liquid from reaching your hands (like kitchen gloves or rubber gloves)
- Change rags when one becomes completely wet with cleaning product.

¹ *Cleaning and Disinfecting for Households*, CDC. Retrieved on 4.16.20 from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>.

² *How to Clean and Disinfect*, CDC. Retrieved on 4.16.20 from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>.

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Keep Distance from Sick Family in Households

- The virus can spread mainly from person-to-person: Between people who are in close contact (within about 6 feet) with an sick person, and through drops (respiratory droplets) that come from your mouth and nose when an infected person coughs, sneezes or talks. Usually you cannot see the drops, so do not assume you did not get drops on you when you are near other people. If you or a family member is infected with COVID-19, you must stay home and away from others, or in a hospital if you are very sick.³
 - Remember: 6 feet are about two and a half (2.5) times your arms' length.
- **If your home does not have a separate room to keep someone that has the virus, do the following:*⁴
 - Avoid having unnecessary visitors, that includes other family members who are not caring for the sick individual. This will help your visitors not become sick too.
 - Improve the household's ventilation (get fresh air into the house) to help move the drops away from people and help stop them from landing on surfaces.
 - Maintain at least 6 feet between you and your sick family member. Create a way to assist your family without ever getting physically close (6 feet or less). For instance, you may set the food down on a table and the sick individual can get up and collect the food after you have moved 6 feet away from that physical area.
 - Wash your hands with soap and water as often as possible, especially before and after providing care (serving food or medicine, helping change clothes, etc.) to your sick family member. Do not touch your face.
 - Use a cloth cover for nose and mouth, and glasses or goggles (including plastic) to protect the eyes.
 - Constantly clean and disinfect all surface areas and objects that your sick family member touched, including the clothes hamper/basket.
 - Do not share dishes, plates, eating utensils, towels, or bedding with sick people in your home.

³ How COVID-19 Spreads, Center for Disease Control and Prevention. Retrieved on 4.16.20 from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>.

⁴ Caring for Someone at Home, CDC. Retrieved on 4.16.20 from <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>.

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- Dirty laundry from a person who is sick can be washed with other family items. Always use the warmest appropriate water setting and dry items completely. Do not shake dirty laundry and wear disposable gloves when handling dirty laundry from a person who is sick. Remove gloves and wash hands right away. If laundry is soiled, keep away from your body while washing.
- Sick individuals must always cover coughs and sneezes with tissue (like napkin, paper towel, kleenex, etc.) and discard immediately. If you do not have tissues, they can cough into their elbow.
- Sick individuals should wear a cloth face covering if they can. Do not use a cloth face covering on children under 2 years old or on people with breathing problems or people who cannot take the face cover off.
- Sick individuals must take their own temperature twice a day and check for signs of fever. Clean or disinfect the thermometer after each use. Contact your doctor if the fever spikes and if you're worried about other symptoms. Call 911 if the fever is life threatening, or the sick individual shows other emergency warning signs including: trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, blue colored lips or face.⁵ When you call 911, tell them COVID-19 symptoms that you have.
- If you have two bathrooms, use one for the sick person and the other for the rest of your family. **If your home does not have an extra bathroom:*
 - Protect your family by cleaning and disinfecting (with a cleaner or bleach mixed with water) your bathroom often, especially right after your sick family member has used it.
 - Clean and disinfect all surface areas and objects that your sick family member touched when going back and forth from the bathroom.
- If you have a family member who is sick, you must also physically stay away from others (even if you aren't sick) for 14 days. This means staying home from work and other places except to get food, prescriptions or to see a doctor

⁵ Steps to Help Prevent the Spread of COVID-19 If You Are Sick. Retrieved on 4.17.20 from <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>.

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Wear Face Cloth Coverings

- Face cloth coverings should:
 - Be worn by people who are caring for someone who is sick
 - Be worn in public to protect self from COVID-19⁶
 - Cover both your mouth and nose, but allow for breathing without restriction
 - Include multiple layers of fabric/cloth
 - Be secured with ties or ear loops
 - Be washed every day, if possible. Be careful when drying the fabric. The shape of face coverings should never change or shrink!
- When removing a face cloth covering, you should never touch your eyes, nose and mouth. Wash your hands immediately after removing.
- You should not buy a face mask at the market, you can create a cloth face covering with things you have. Medical masks are for doctors and nurses.
- Here are 3 examples of how to make homemade facial cloth coverings:
 - Sew your own facial cloth covering at home with: needle and thread, scissors, a piece of cotton fabric (10 inches by 6 inches), elastic (or rubber bands, string cloth strips, or hair ties).
 - Make your own facial cloth covering with: a t-shirt and scissors.
 - Make your own facial cloth covering with: a bandana or scarf, a coffee filter, rubber bands (or hair ties), and scissors.⁷
 - You can also watch a [step by step video on making homemade cloth face coverings](#) from the U.S. Surgeon General Dr. Jerome Adams.
- **If you fear being perceived as "criminal" or being discriminated against by strangers for wearing a mask,* remember that it is your health and that of your family and community you are protecting.
 - You are not responsible for how you are perceived. Everyone should wear a face covering in public. You are doing the right thing.
 - If you would like to speak to someone for emotional support, you can call the Michigan statewide hotline for mental health at 888-733-7753.

⁶ Strong recommendation made by Michigan's Chief Medical Executive Dr. Joneigh Khaldun in April 2020.

⁷ *Use of Cloth Face Coverings to Help Slow the Spread of COVID-19.* Center for Disease Control and Prevention, Department of Health and Human Services USA. C316353B 4/4/2020. [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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- If you feel you have been discriminated against and would like to make a report, you can file a complaint of discrimination using the [online complaint form](#), call 1-800-482-3604, or email MDCR-INFO@michigan.gov.