Nonpharmaceutical interventions (NPIs) are public health actions that can slow the spread of emerging respiratory diseases like COVID-19 for which vaccines and drug treatments are not yet available. They include personal protective measures implemented by individuals and community measures implemented by affected communities. NPIs are used to build community preparedness in communities without known COVID-19 disease and to support outbreak responses in communities where local cases or cluster of diseases have occurred.

NPIS for Community Preparedness

CDC recommends individuals and families follow everyday preventive measures:

- **Voluntary Home Isolation:** Stay home when you are sick with respiratory disease symptoms. At the present time, these symptoms are more likely due to influenza or other respiratory viruses than to COVID-19-related virus.
- **Respiratory Etiquette:** Cover coughs and sneezes with a tissue, then throw it in the trash can.
- **Hand Hygiene:** Wash hands often with soap and water for at least 20 seconds; especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with 60%-95% alcohol.
- **Environmental Health Action:** Routinely clean frequently touched surfaces and objects.

Routine use of these measures by individuals and their families will increase community resilience and readiness for responding to an outbreak.

NPIS for COVID-19 Outbreaks in Communities

**Personal Protective Measures**

During an outbreak in your community, CDC recommends the everyday preventive measures listed above—especially staying home when sick—and taking these additional measures:

- Keeping away from others who are sick.
- Limiting face-to-face contact with others as much as possible.
- Consulting with your healthcare provider if you or your household members are at high risk for COVID-19 complications.
- Wearing a facemask if advised to do so by your healthcare provider or by a public health official.
- Staying home when a household member is sick with respiratory disease symptoms, if instructed to do so by public health officials or a health care provider (Voluntary Home Quarantine).

**Community Measures**

If COVID-19 disease is occurring in your community, state and local public health authorities may decide to implement:

- Temporary closures or dismissals of childcare facilities and schools.
- Other social distancing measures that increase the physical space between people, including:
  - Workplace social distancing measures, such as replacing in-person meetings with teleworking.
  - Modifying, postponing, or cancelling mass gatherings.

Decisions about the implementation of community measures will be made by local and state officials, in consultation with federal officials as appropriate, and based on the scope of the outbreak and the severity of illness. Implementation will require extensive community engagement and ongoing and transparent public health communications.
Other Important Considerations: Awareness to Preparedness

- Be aware of behaviors that cause self-contamination and teach your loved ones to recognize these behaviors too (poor hand hygiene, rubbing eyes, hands in mouth, etc.). Alerting your children by snapping or some other gesture can help train them to recognize such habits.

- Take care of your health. Eat healthy, get rest & sunshine, stay hydrated & active. All of these can help tune up your immune system. Check with your care provider about supplementing you daily vitamin with immune boosters such as extra vitamin C, vitamin D and zinc.

- Avoid media burn-out. Get good info – give good info! (CDC, CIDRAP, Lancet, Google Scholar)

- Visit stores outside of busy times.

- Just because you don’t have symptoms, doesn’t mean you can’t get others sick. Practice self quarantine if someone is ill in your home.

- Prepare don’t Panic. It is natural to be anxious about this situation. Having a planning and preparing in advance can you and your loved ones stay in control.

- Businesses should refresh contingency plans for remote-based operations

- As with any emergency, prepare to shelter in place. Store a couple weeks worth of food, water, necessary prescriptions and commonly used medicines (fever, cough, etc.) and keep fuel tanks above ½ full.

- Don’t have a mask and glasses? Use your sunglasses and a bandana or wide headband. These barriers will help minimize droplet transmission and keep hands aware from your face.

Footnote

1Additional information about the evidence base for each NPI and considerations for their implementation is available in Community Mitigation Guidelines to Prevent Pandemic Influenza — United States, 2017; this document is available by scanning the QR code to the left or at the following webpage: https://www.cdc.gov/mmwr/volumes/66/rr/pdfs/rr6601.pdf.

Other Resources

This document and other CDC COVID-19 resources are available by scanning the QR code or at the following webpage: https://www.cdc.gov/coronavirus/2019-ncov/preparing-individuals-communities.html

This handout and links to all your COVID19 resources are available at the TTU EHS COVID-19 information page: http://www.depts.ttu.edu/ehs/publichealth/News/2019-nCoV.php.

Visit TTU EHS at http://www.depts.ttu.edu/ehs/ for our information page on COVID-19 and your future public health news needs.