



## One for All Missouri Campaign Frequently Asked Questions

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### About COVID-19

#### **What is COVID-19?**

COVID-19, commonly called coronavirus or novel coronavirus, is a respiratory illness that can spread from person to person. It can affect anyone, and all age groups should take it seriously. [Source](#)

#### **What is a coronavirus?**

A coronavirus is a kind of virus that causes respiratory diseases. There are different kinds of coronavirus, but COVID-19 is the name of the specific virus that has caused the current pandemic. [Source](#)

#### **What does COVID-19 stand for?**

COVID-19 is short for **C**orona **V**irus **D**isease 2019. [Source](#)

#### **Where did COVID-19 come from?**

The outbreak began in Wuhan, China in December 2019, and has since spread to more than 200 countries. On March 11, 2020, the World Health Organization (WHO) declared it a pandemic, which means that it has spread all over the world. [Source 1](#) [Source 2](#)



## Symptoms

### ***What are the symptoms of COVID-19?***

Not everyone who has COVID-19 will have the same symptoms. Symptoms can include:

- Coughing
- Fever
- Difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

These symptoms can range from mild to very severe. Some people who have COVID-19 do not show symptoms but can still spread the virus to other people. [Source](#)

### ***When will symptoms appear if you've been exposed to COVID-19?***

Symptoms may appear two to 14 days after exposure to the virus. Some people who have COVID-19 do not feel sick or show symptoms but can still spread the virus to others. [Source](#)

### ***What does it mean to be asymptomatic?***

If you are told you are asymptomatic, it means you are not showing symptoms of having the virus. You could be carrying the virus without knowing it and without feeling or looking sick and still spread the virus to others. [Source](#)

### ***Who does COVID-19 affect?***

The virus can affect anyone. All age groups should take the risk of COVID-19 seriously. Older people and people with pre-existing medical conditions (like asthma, lung disease, diabetes, or heart disease) appear to be highest risk of becoming severely ill with the virus. It is important to know that there is no way to tell how the virus will affect you. [Source 1](#) [Source 2](#)

### ***How likely am I to catch COVID-19?***

The risk of catching COVID-19 depends on who you've come in contact with. While anyone can catch COVID-19, taking the right safety measures such as staying home, practicing physical distancing (staying at least six feet away from people you don't live with), and frequent hand washing can lower your risk.

### ***Who is most at risk to catch COVID-19?***

If you have been in close contact with people with COVID-19 or have visited areas where the virus is spreading, you have a higher risk of getting COVID-19. Older people and people with pre-existing medical conditions (like asthma, lung disease, diabetes, or heart disease) appear to be highest risk of becoming severely ill with the virus, but there



is no way to tell how the virus will affect you. The best way to prevent illness is to avoid being exposed to the virus. [Source](#)

### ***Who is at risk of developing severe symptoms?***

Older people and people with pre-existing medical conditions (like asthma, lung disease, diabetes, or heart disease) appear to be highest risk of becoming severely ill with COVID-19. However, anyone can develop severe symptoms. There is no way to tell how the virus will affect you. [Source 1](#) [Source 2](#) [Source 3](#)

### ***If I've already had COVID-19, can I get it again?***

This is not something that is known right now. The CDC is currently studying if it is possible to get COVID-19 more than once. [Source](#)

### ***Is pink eye a symptom of COVID-19?***

Pink eye, or conjunctivitis, is not listed as a main symptom of COVID-19 by the CDC or WHO. The American Academy of Ophthalmology classifies pink eye as an uncommon symptom of COVID-19, possibly present in 1% to 3% of those infected. More research is needed to show a direct connection between pink eye and COVID-19. [Source](#)

### ***Is losing your sense of taste or smell a symptom of COVID-19?***

There is increasing evidence that a lost sense of smell or taste may be a symptom of COVID-19. More research is being done. If you find yourself newly unable to smell, call your doctor. He or she may prompt you to get tested and to self-isolate. [Source](#)

### ***Does smoking or vaping lead to having more severe symptoms of COVID-19?***

There is little evidence on the relationship between smoking or vaping and COVID-19. The U.S. Food and Drug Administration (FDA) says vaping has an unknown effect on the risk of COVID-19, while warning that smoking can create worse outcomes. [Source](#)

## **What to Do**

### ***What should I do if I think I have COVID-19?***

If you think you are sick with COVID-19, call your doctor for medical advice. Stay home except to get medical care. Your doctor may refer you for testing to confirm that you have COVID-19. If it is a medical emergency, call 911. [Source 1](#) [Source 2](#)

### ***Should I go to the doctor if I think I have COVID-19?***

Stay home. If you have mild symptoms, you may be able to recover at home. If you have symptoms of COVID-19, call your doctor. Your doctor may refer you for testing to confirm that you have it. Follow the advice of your doctor and local public health department while isolating in your home. [Source](#)

### ***Should I be tested for COVID-19?***

Updated 05-04-20



If you think you are sick with COVID-19, call your doctor for medical advice. Stay home except to get medical care. Your doctor may refer you for testing to confirm that you have it. [Source 1](#) [Source 2](#)

### ***Can I use a kit to test myself at home?***

The FDA has approved the Pixel by LabCorp test for at-home COVID-19 testing. The tests will be available to healthcare workers and first responders before the general public. When the tests are available, you can buy the kit for \$119, swab your own nose, and return the kit in the mail for testing. It may take longer to receive results from at-home tests. If you think you are sick with COVID-19, call your doctor for advice. [Source 1](#) [Source 2](#)

### ***What are the emergency warning signs of COVID-19?***

Emergency warning signs include:

- Shortness of breath or difficulty breathing.
- Ongoing pain or pressure in your chest.
- New mental confusion or inability to wake a person.
- Bluish lips or face.

This list is not all inclusive. If you think it's an emergency, call 911. Notify the operator that you have or think you have COVID-19. [Source](#)

### ***What should I do if I think it's an emergency?***

Call 911 if you think it's an emergency or if you have an emergency warning sign, like shortness of breath that turns into trouble breathing or a high fever. If you call for an ambulance, tell the emergency responders that you have COVID-19 symptoms so they can take extra steps to protect themselves from infection. [Source](#)

### ***What should I do if I test positive for COVID-19?***

If you have mild symptoms, you may be able to recover at home. Although there is currently no treatment specifically for COVID-19, you can take steps to manage your symptoms at home. Stay connected with your doctor for specific advice. Stay away from other people in your home. Wash your hands often. Clean and disinfect frequently touched surfaces every day.

### ***Do I need to stay away from other people in my home if I have COVID-19?***

Yes. You should stay in a specific "sick room" if possible and away from other people in your home. Use a separate bathroom if you can. Clean and disinfect all frequently touched surfaces in your "sick room" and bathroom every day.



If you do not have difficulty breathing, wear a cloth face covering that covers both the nose and mouth when you must be around other people. If you cannot wear a cloth face covering, other people in your home should wear one. [Source](#)

### ***What should I do if my family member has COVID-19?***

If you your family member has mild symptoms, they may be able to recover at home. Although there is currently no treatment specifically for COVID-19, you can take steps to manage symptoms at home. Stay connected with your doctor for specific advice.

- Family members who have COVID-19 should stay in a specific “sick room” if possible and away from other people and pets. If you can, have sick family members use a separate bathroom. Clean and disinfect all frequently touched surfaces in the “sick room” and bathroom every day.
- Sick family members should wear a cloth face covering that covers both their nose and mouth when they must be around other people. If they cannot wear a face covering, you should wear one.
- Call 911 if your family member has an emergency warning sign, like shortness of breath that turns into trouble breathing or a high fever. If you call for an ambulance, tell the emergency responders that your family member has COVID-19 symptoms so they can take extra steps to protect themselves from infection.

## **Cure/Treatment**

### ***Is there treatment for COVID-19?***

Although there is currently no treatment specifically for COVID-19, you can take steps to manage your symptoms at home. It is important to reach out to and stay connected with your doctor for specific advice.

- Rest and sleep.
- Drink plenty of fluids.
- Use a room humidifier or take a hot shower to help ease sore throat and cough.

### ***Is there a vaccine for COVID-19?***

There is not a vaccine for COVID-19. The World Health Organization is coordinating efforts to develop a vaccine. The best solution is to take steps to prevent getting the virus in the first place:

- Stay home as much as possible and avoid unnecessary visitors.
- Avoid crowds and stay at least six feet away from other people who don't live with you.
- Wash your hands frequently, with soap, for at least 20 seconds.
- Don't touch your face.
- If you must go out in public, cover your nose and mouth with a face mask.



- Avoid touching frequently touched surfaces in public like elevator buttons, door handles or handrails.

## **Spread/Transmission**

### ***How is COVID-19 spread?***

COVID-19 is most commonly spread from an infected person to others through:

- The air by coughing and sneezing.
- Close personal contact, such as touching or shaking hands.
- Touching a surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

### ***What is community spread?***

Community spread is a term to describe the spread of a disease in an area where there is not a clear chain of events or connection to a person who is known to be infected.

### ***How long can COVID-19 last in the air?***

Most droplets from coughs or sneezes land on surfaces, but some are light enough to hang in the air for several minutes. After about 20 minutes, most droplets will have landed on a surface. [Source 1](#) [Source 2](#)

### ***How long can COVID-19 last on surfaces?***

COVID-19 can last on surfaces from a couple hours or up to several days, depending on the type of surface. This is why it is important to clean and disinfect surfaces in your home. You can follow [these suggestions](#) to see how you can best clean various surfaces. [Source](#)

### ***Can I get COVID-19 through food or water?***

There is little evidence that you can get COVID-19 through food. Continue to practice proper food preparation safety by washing your hands before preparing food and thoroughly cooking your food. [Source](#)

### ***Will the spread of COVID-19 in meatpacking plants impact the safety of meat products?***

COVID-19 is not known to spread through food, including meat. The biggest concern regarding coronavirus and food safety depends more on general hygiene than contaminated food. As an extra precaution, follow standard food safety steps. Before and after handling raw meat, wash your hands thoroughly for at least 20 seconds. Wash cutting boards, dishes and utensils and counter tops with hot soapy water after preparing food. Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and refrigerator. And never place cooked food on a



plate that previously held raw meat, poultry, seafood or eggs unless the plate has been washed in hot, soapy water. [Source 1](#) [Source 2](#)

### ***Should I use hand sanitizer on my fruits and vegetables before eating them?***

While there is no evidence that you can get COVID-19 through food, we recommend following the FDA's [four steps to food safety](#). Rinse fruits and vegetables without soap, and do not wash meats or dairy products. Do *not* use hand sanitizer on fruits and vegetables or any other food. [Source](#)

### ***Does cooking food kill viruses?***

Even though experts agree that COVID-19 is not a disease spread by food, cooking your food to the appropriate internal temperature will kill harmful viruses and bacteria on food. Be sure to wash your hands thoroughly before and after handling food. [Source](#)

### ***Will warm weather stop the spread of COVID-19?***

It is not yet known how COVID-19 will be affected by warm weather. [Source](#)

### ***Can I handle mail or a package that came from another country?***

COVID-19 can spread by touching a surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands. There have not been any reports of people becoming sick after handling packages from other countries. Still, it is a good idea to wash your hands with soap and water after handling mail or other deliveries.

## **Prevention**

### ***What can I do to protect myself from COVID-19?***

The best way to prevent illness is to take steps to prevent getting the virus. Stay home as much as possible and avoid unnecessary visitors. If you must go out in public, cover your nose and mouth with a face mask. Avoid crowds and stay at least six feet away from people who don't live with you. Wash your hands frequently, with soap, for at least 20 seconds. Don't touch your face. [Source](#)

### ***What cleaning products should I use to protect against COVID-19?***

Clean and disinfect frequently touched surfaces with soap and water followed by a household disinfecting wipe or spray. Always follow directions and use disinfectants safely. Never mix products containing bleach with products containing ammonia. And never swallow or drink disinfectants or household cleaners.



## Masks & Face Coverings

### ***Does wearing a face mask or face covering prevent the spread of COVID-19?***

Wearing a face mask can help people who may have COVID-19 and do not know it from spreading it to others when talking, sneezing, or coughing.

### ***Will wearing a face mask protect me from getting COVID-19?***

Cloth face coverings offer some protection but are not a replacement for other measures of protection like hand washing and physical distancing. You should still wash your hands frequently with soap and water for at least 20 seconds and keep six feet between yourself and others.

### ***Do I need to wear a face mask?***

If you must go out in public, you should cover your nose and mouth with a cloth face covering or mask. In addition to hand washing and physical distancing, wearing a face mask offers protection to you and to the people around you.

If you think you are sick with COVID-19, wear a cloth face mask that covers both your nose and mouth when you must be around others in your home.

### ***Who should not wear a face mask?***

Face masks should not be placed on young children under age 2, anyone who has trouble breathing, or anyone who cannot remove the mask without help. [Source](#)

### ***How can I make a face mask?***

The CDC has [instructions for two kinds of cloth face coverings](#) – one you can sew and one you can make without sewing.

### ***How should a face mask be used?***

- Cloth face masks should:
  - Fit snugly but comfortably against the side of the face.
  - Be secured with ties or ear loops.
  - Include multiple layers of fabric.
  - Allow for breathing without restriction.
  - Be able to be washed with hot water in a washing machine.
- When removing a face mask, be careful not to touch your eyes, nose, and mouth, and wash your hands immediately after removing.
- Wash your mask regularly in a washing machine. If possible, wash your mask after each use.





- Remember that face masks are not a replacement for other measures of protection like hand washing and physical distancing. You should still wash your hands frequently with soap and water for at least 20 seconds and keep six feet between yourself and others.

## Washing Hands

### ***Does washing my hands really help?***

Yes! Keeping your hands clean is one of the most important things you can do to protect yourself and others from COVID-19. The virus that causes COVID-19 can get onto your hands from coughing, sneezing, or touching contaminated objects. Germs on unwashed hands can spread to other people and enter your body when you touch your eyes, nose, or mouth. Removing these germs through handwashing can prevent infections like COVID-19.

### ***How long should I wash my hands?***

Scrub your hands for at least 20 seconds before rinsing. 20 seconds is about as long as it takes to hum the “Happy Birthday” song twice.

### ***What is the correct way to wash my hands?***

Follow these steps for the most effective hand washing.

1. Wet your hands with clean, running water. Turn off the water and apply soap.
2. Lather up the soap by rubbing your hands together. Be sure to scrub both sides of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse your hands well with clean, running water.
5. Dry your hands with a clean towel or let them air dry.

### ***Should I use hand sanitizer?***

If soap and water are not available, use a hand sanitizer with at least 60% alcohol to clean your hands. Apply the hand sanitizer to your palm and rub all over your hands until the product is dry. Whenever possible, wash your hands with soap and water. Hand sanitizers may not be as effective on very dirty or greasy hands and may not remove all kinds of germs.

## Physical Distancing

### ***What is physical distancing?***

Physical distancing, also called “social distancing” means staying at least six feet away from anyone you don’t live with. COVID-19 is most commonly spread through the air (by talking, coughing, or sneezing) and through close personal contact (like touching or shaking hands). Physical distancing helps stop the spread from person to person.



### ***When should I practice physical distancing?***

Practice physical distancing by avoiding any place or event where there are large groups of people. This may include public transportation, shopping malls, church services, and gyms. Avoid having any unnecessary visitors or workers in your house, and do not visit others in their homes.

### ***How does physical distancing help stop the spread of COVID-19?***

Physical distancing can help stop the spread of COVID-19 by reducing close contact between people. Even people who don't have symptoms or feel sick can spread COVID-19 to others. To stop the spread, practice physical distancing even if you and the people around you feel healthy.

### ***How can I picture six feet?***

A six-foot distance is about the same as:

- The width of the average car.
- A normal, three-seat couch.
- The length of a mattress.
- The height of a door.

### ***How long do I need to practice physical distancing?***

It is impossible to predict exactly when we will be able to fully return to more familiar way of life without these restrictions. Physical distancing and other safety practices like staying at home will likely need to continue for some time after stay-at-home orders are lifted to make sure there is not a new increase in the number of COVID-19 cases.

### ***What can I do to limit my essential trips?***

The more we stay home, the better. Consider mail-order services for medication and grocery delivery services available through your grocery store or services like Instacart. If delivery is not an option, look for stores that offer curbside pickup and will bring orders out to your car.

Designate one person from your household to make any necessary shopping trips. This limits the possibilities that someone in your home will be exposed to the virus. When making essential trips, it is important to follow physical distancing guidelines and stay at least six feet away from others.



## Parents & Kids

### ***How can I protect my child from COVID-19?***

While children do not appear to be at a higher risk for COVID-19 infection, they may still get sick or spread the disease. Physical distancing and limiting their time with at-risk people help protect them from getting COVID-19. For a full list of suggestions and recommendations, visit the CDC's page on [caring for children](#).

### ***What should I do if I'm pregnant?***

- It is important to protect yourself and your baby by washing your hands, disinfecting frequently touched surfaces, and avoiding people who are sick or may have been exposed to COVID-19.
- Pregnant people seem to have the same risk of COVID-19 as adults who are not pregnant. A very small number of newborn babies have tested positive for the virus. It is unknown if these babies got the virus before or after birth.
- If you feel sick or your baby is sick, call your doctor right away. [The CDC has more information on COVID-19 for pregnant and breastfeeding people.](#)

### ***What should I do if I'm breastfeeding?***

Breast milk provides protection against many illnesses and is the best source of nutrition for most infants. You, along with your family and healthcare providers, should decide whether and how to start or continue breastfeeding.

If you feel sick or your baby is sick, call your doctor right away. [The CDC has more information on COVID-19 for pregnant and breastfeeding people.](#)

## Pets

### ***Do I need to stay away from pets in my home if I have COVID-19?***

The CDC recommends treating pets as you would a member of your family. Do not let your pet interact with other people or animals outside your house, and isolate them from anyone in the house who becomes sick. [Source](#)

When possible, have another family member take care of feeding and caring for your pet. If this isn't possible, or if you have a service animal, take the following precautions:

- Wear a cloth face covering when caring for your pet or service animal if you do not have difficulty breathing.
- Do not pet, share food, kiss, or hug your pet or service animal.
- Wash your hands before and after any contact with your pet or service animal.
- Do not share dishes, towels, or bedding with your pet or service animal.



- If your pet is sick, call your local veterinarian. Tell them if you or a family member is sick with COVID-19. [Source](#)

### ***Can I give COVID-19 to my pets?***

Although we are still learning about this virus, it appears it can spread from people to animals in some situations. The CDC is aware of a small number of pets and animals both in the U.S. and abroad that have tested positive for COVID-19, mostly after close contact with people infected with COVID-19. If a person inside the household becomes sick, the CDC recommends isolating that person from everyone else, including pets.

[Source](#)

## **COVID-19 and Missouri**

### ***When did COVID-19 reach Missouri?***

The first case of COVID-19 in Missouri was reported in early March.

### ***What counties have been affected by COVID-19?***

Visit the [Missouri Department of Health and Senior Services](#) for more information or your local public health department's website to find out about estimated cases in your county.

### ***Is Missouri currently on lockdown?***

Missouri Governor Parson has issued a statewide "Stay Home Missouri" order that has been extended through May 3, 2020. This stay-at-home order means Missourians need to avoid leaving their homes unless necessary.

### ***Why was the stay-at-home order needed?***

"Stay Home Missouri" was put into place to protect public health and prevent the further spread of COVID-19. The more consistently we all stay at home, follow physical distancing guidelines, and continue other actions like washing our hands, the sooner we will be able to return to a more familiar way of life.

### ***How long does the stay-at-home order last?***

The statewide "Stay Home Missouri" order is currently in effect through May 3. When the statewide "Stay Home Missouri" order is lifted, there may still be local stay-at-home orders. After stay-at-home orders, there may still be limitations on how large group gatherings can be. The best guidance on what to do in this stage will come from our local public health departments.



### ***When can I leave my house?***

You can leave your home for essential or necessary services. This includes going to the grocery store, doctor's appointments, gas stations, and banks. You can also participate in outdoor recreation like walking, running, or biking. When making essential trips or participating in activities outside, it is important to follow physical distancing guidelines, stay at least six feet away from others, and wear a face covering or mask.

### ***What counts as an essential or necessary trip?***

Essential or necessary trips include going to the grocery store, doctor's appointments, gas stations, and banks. When making essential trips, it is important to follow physical distancing guidelines, stay at least six feet away from others, and wear a face covering or mask.

You should also designate one person from your household to make any necessary shopping trips. This limits the possibilities that someone in your home will be exposed to the virus.

To limit your trips, consider:

- Mail-order for medications.
- Grocery delivery services through your grocery store or services like Instacart.
- Working from home if possible.
- Stores that offer curbside pickup and will bring orders out to your car.

### ***Can I go outdoors?***

Yes, you can participate in outdoor recreation like walking, running, or biking. Remember to keep at least six feet away from others. Avoid public spaces like parks or popular hiking trails to limit your contact with others.

### ***Can I go to church?***

No, under "Stay Home Missouri" gatherings of more than 10 people are not allowed. We know church is about family and community, which is especially important during these challenging times. The best way we can support our families and communities is to stay at home.

We encourage you to find ways to worship safely. For example, look for alternatives to view church services online or on TV and connect with family and faith community members via video chat or phone calls.



### ***Doesn't this infringe on my religious freedom?***

Every aspect of all our lives is being impacted by COVID-19, including our religious practices. We must change our normal behaviors to stop the spread of COVID-19. This includes how we learn, how we work, and how we worship. We encourage Missourians to worship at home and to stay connected with their families and faith communities without meeting in person.

### ***Can I go to the grocery store?***

Yes, you can go to the grocery store. Remember to follow physical distancing guidelines, stay at least six feet away from others, and wear a face covering. You should also designate one person from your household to go. This limits the possibilities that someone in your home will be exposed to the virus. You can also consider grocery delivery services through your grocery store or services like Instacart.

### ***Can I go to a restaurant?***

Restaurants are not open for dine-in services but many are offering curbside pickup or delivery options.

### ***Can I go to the park?***

You should avoid parks to limit your contact with other people and with frequently touched surfaces like playground equipment. You can participate in outdoor recreation like walking, running, or biking. Remember to keep at least six feet away from others.

### ***How can I limit my essential trips?***

To limit your trips, consider:

- Mail-order for medications.
- Grocery delivery services through your grocery store or services like Instacart.
- Working from home if possible.
- Stores that offer curbside pickup and will bring orders out to your car.

### ***If Missouri is limiting social gatherings to 10 people, does that mean I can still visit friends and family?***

Physical distancing means staying at least six feet away from anyone you don't live with. It can help stop the spread of COVID-19 by reducing close contact between people. This means avoid having any unnecessary visitors or workers in your house, and do not visit others in their homes. The more consistently we all stay at home, follow physical distancing guidelines, and continue other actions like washing our hands, the sooner we will be able to return to a more familiar way of life.



### ***Are rural communities safer than urban communities?***

No. Rural areas have a unique set of things to consider when it comes to managing a pandemic illness like COVID-19. Here are some important things to remember:

- COVID-19 is spread from person to person and the virus can affect any of us. All Missourians should take the risk of COVID-19 seriously.
- Rural communities tend to be older with more pre-existing medical conditions, populations which are at highest risk of severe illness from COVID-19.
- Rural communities have less access to doctors and healthcare facilities. These facilities in nearby communities may already be struggling to handle the existing cases in areas that have already been harder hit.
- Though the numbers may be lower than urban areas, once these communities start to see cases, they might struggle to fill basic public safety and administrative roles, especially if people such as police officers and firefighters get sick and have to self-quarantine.

The best way to keep you and your community safe and keep the number of infections low is to stay home as much as possible, wash your hands frequently and if you must go out, wear a cloth face covering or mask.

### ***Where can I find updated numbers on COVID-19 cases and deaths in Missouri?***

Visit the [Missouri Department of Health and Senior Services](#) for more information.

### ***Why do the numbers differ from the county to the state?***

As additional information is determined on new cases, information such as county, demographics, and total counts will continue to change. Efforts are continually being made to improve data quality so that the Missouri Department of Health and Senior Services is providing the most accurate information possible. [Source](#)

### ***What is Missouri doing about this situation?***

Missouri Governor Parson has issued a statewide “Stay Home Missouri” order to help protect public health and prevent the further spread of COVID-19. Local counties and communities also have stay-at-home orders in place. Visit the [Missouri Department of Health and Senior Services](#) for more information.

### ***What is the federal government doing about this situation?***

For more information on how the federal government is responding to COVID-19, visit [coronavirus.gov](https://www.cdc.gov/coronavirus).



## **“Reopening” or Return to Normal**

### ***When will everything go back to normal?***

It is impossible to predict exactly when we will be able to fully return to a more familiar way of life. It will take time and will likely not be over quickly. The more consistently we all stay at home, follow physical distancing guidelines, and continue other actions like washing our hands, the sooner it will happen.

Keep in mind that there will be a slow process of returning to normal and moving about in public freely. Physical distancing and other safety practices like staying at home will likely need to continue for some time to make sure there is not a new increase in the number of COVID-19 cases. For example, when stay-at-home orders are lifted, there may still be limitations on how large group gatherings can be.

### ***If we “reopen” soon, could there be another outbreak of COVID-19?***

There will be a slow process of returning to normal and moving about in public freely. Physical distancing and other safety practices like staying at home will likely need to continue for some time to make sure there is not a new increase in the number of COVID-19 cases.

It’s possible that we could see an increase in COVID-19 cases once stay-at-home orders and other restrictions are lifted. If so, states and counties may need to re-issue stay-at-home orders or put other limitations in place.

### ***Should I postpone or cancel my event?***

If your event is larger than 10 people and taking place before May 3, yes, you should cancel or postpone your event since it is a violation of the “Stay Home Missouri” order. If your event is beyond May 3, keep in mind that “Stay Home Missouri” may be extended or your local county or community may have a stay-at-home order beyond this date.

There will be a slow process of returning to normal and hosting large group gatherings. There will likely be limitations on events for some time. Check with your local public health department for guidance.

### ***When will I be able to travel or go on vacation?***

If you can avoid it, you should not travel or go on vacation. The CDC recommends that you stay home as much as possible and practice physical distancing. Traveling increases your chances of getting and spreading COVID-19. Remember that you can spread COVID-19 to others even if you are not showing symptoms. Keep in mind this will be a gradual process to return to a more familiar way of life, including travel. The better we are at staying home and physically distancing from others, the sooner this will happen.





### ***Can I travel to a state or country whose quarantine has been lifted?***

Remember that even if a state or a country has lifted its stay at home order, it doesn't mean that the virus has been eliminated in that region. The best action is to avoid any nonessential travel and stay home. If must travel, wash your hands frequently for at least 20 seconds, cover your nose and mouth with a face mask, and stay at least six feet apart from other people when possible. Check local announcements to see if there are any restrictions, concerns or other travel disruptions you should know before you go.

### ***What if I have to travel for work or an emergency?***

With states around the country reopening at different times and at different rates, it is important you know the status of the city, state or country you are going to. Always follow recommended safety measures such as physical distancing and frequent hand washing. If you think you have been exposed to the virus, self-quarantine to avoid potentially spreading COVID-19 in your community and call your local health department if you begin to develop symptoms.

## **Myths**

### ***Does 5G cell phone technology cause COVID-19?***

No, 5G technology does not cause COVID-19.

### ***Does eating garlic prevent you from getting COVID-19?***

Garlic is a healthy food but there is no evidence that eating garlic has protected people from getting COVID-19.

### ***Are older people and those with pre-existing conditions the only ones at risk for COVID-19?***

COVID-19 can affect any of us. Older adults and people with pre-existing medical conditions (like asthma, lung disease, diabetes, or heart disease) appear to be highest risk of becoming severely ill with the virus. But anyone can become sick, and symptoms can range from mild from severe regardless of how old you are or if you have other medical conditions.

### ***Should I stock up on food and supplies?***

The Federal Emergency Management Agency (FEMA) recommends buying what your family needs for a week. Buying weeks or months of supplies in advance leads to shortages and makes it difficult for other families to take care of themselves. Consumer demand has been exceptionally high, especially for groceries, cleaning supplies and healthcare products. Supply chains haven't been disrupted, but stores need time to restock.

### ***Can herd immunity protect us from COVID-19?***

Updated 05-04-20



No. Herd immunity is not a solution for COVID-19 for a few reasons:

- Herd immunity to diseases like mumps and polio is possible because of vaccines. There is currently no vaccine for COVID-19.
- In most cases, more than 80 percent of a population needs to be immune to stop the spread of a contagious disease like COVID-19. If too many people become infected, our healthcare system will be overburdened, and many more people will die.
- There is no way to know how COVID-19 will affect you or your family members. Even young, healthy people can become very ill from the virus.
- It may be possible to be infected with COVID-19 more than once. Even if you recover from COVID-19, it is possible you could become infected again or pass the virus to others.

## Coping and Self-Care

### ***Where can I find mental health resources?***

The Centers for Disease Control and Prevention (CDC) has [information and resources](#) related to stress and coping with COVID-19.

## Community

### ***How is the homeless population being affected?***

Homeless people and people made homeless because of COVID-19 are at risk for infection when there is community spread. The CDC has written guides on how to care for the homeless during this pandemic.

- Homeless shelters and similar facilities [can learn more here](#).
- Faith-based and community organizations [can learn more here](#).
- [For general information from the CDC, click here](#).

## One for All Missouri Campaign

### ***What is the One for All Missouri campaign?***

One for All Missouri is a campaign aimed at sharing accurate, timely, easy-to-understand information and resources on COVID-19 with Missourians so we can stop the spread of the virus. One for All Missouri is a collaborative effort led by Missouri Center for Public Health Excellence and powered by Missouri Foundation for Health.

### ***Where can I learn more?***

People can visit our website at [www.oneforallmo.com](http://www.oneforallmo.com), or connect with us on Facebook and Twitter @oneforallmo.



### ***How can I get involved?***

Stopping the spread of COVID-19 must be a statewide effort. We all need to do our part to protect ourselves, our loved ones and neighbors. This includes:

- Staying home.
- Following guidance from local public health experts.
- Staying in touch with loved ones online and over the phone.
- Keeping a log of people you have come into contact with. [when available insert link to contact tracing form]
- Using your voice to share clear and accurate information about COVID-19 with friends and loved ones and urge them to take similar safety measures.

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