

# 10 PUBLIC HEALTH STRATEGIES TO REDUCE THE SPREAD OF COVID-19

More than 13 million people have had COVID-19 in the United States leading to more than 265,000 lives lost. As the COVID-19 pandemic surges across the nation, individuals, households, and communities can take action to save lives, fuel economic recovery, and restore our communities. [A new CDC report outlines a combination of ten evidence-based actions to slow the spread of COVID-19.](#)

## INDIVIDUALS & HOUSEHOLDS CAN COMMUNITIES CAN



**Wear  
Masks**

Use face masks consistently and correctly, including within the household if there is a person with COVID-19 or a person with a known or possible exposure in the household

- [Considerations for Wearing Masks](#)
- [Caring for Someone Sick at Home](#)
- [Protect your home](#)

Issue policies or directives requiring universal use of face masks in indoor (non-household) settings.

Plan for provision of face masks for specific populations if needed.



**Maintain  
Distance/  
Limit Contacts**

Maintain physical distance (at least 6 feet) from other people when possible and limit number of contacts with people outside their immediate household.

- [Social Distancing](#)
- [Personal and Social Activities](#)

Consider using physical barriers and visual reminders to promote physical distance.



**Avoid  
Gatherings**

Avoid nonessential indoor spaces and crowded outdoor settings.

- [Daily Activities and Going Out](#)

Issue policies or directives restricting some nonessential indoor spaces that increase the risk of spreading COVID-19. Promote flexible worksites (e.g., telework) and hours when feasible and apply limits to occupancy of indoor spaces and to the size of social gatherings.

- [Considerations for Events and Gatherings](#)



**Identify &  
Isolate Cases**

Get tested if they have a known exposure to a person with COVID-19, have possible exposure, or experience symptoms. Infected individuals (with or without symptoms) should isolate promptly. Exposed individuals should quarantine.

- [Testing](#)
- [Isolate if you are sick](#)

Increase access to testing, including test-based screening of prioritized groups. Promptly report test results to people tested and public health.

- [Guidance for Health Departments about COVID-19 Testing in the Community](#)
- [Expanded screening testing](#)

## INDIVIDUALS & HOUSEHOLDS CAN

## COMMUNITIES CAN



### Conduct Contact Tracing & Quarantine

Individuals diagnosed with COVID-19 should provide names of known contacts. Close contacts should answer the call from the health department, adhere to quarantine, and get tested.

- [Contact Tracing](#)
- [When to Quarantine](#)

When incidence is high and overwhelms capacity, prioritize case investigation and contact tracing to promptly quarantine and test close contacts. Base prioritization on time since sample collection and risk of spread to others (e.g., those working in high-density settings).

- [Contact Tracing](#) (for health departments)
- [Prioritizing case investigation and contact tracing](#)



### Protect High-Risk Groups

Individuals with underlying medical conditions or risk factors that make them more likely to get very sick or die should limit contact with people who do not live with them and nonessential indoor spaces.

- [People at Increased Risk](#)

Protect people most at risk of severe illness or death by:

1. Identifying high risk populations in your community
2. Expanding access to testing, provision of support services, and messaging



### Protect Health Care Workers

Essential workers should employ all available public health strategies to reduce their risk.

Protect essential workers through policies directing administrative and structural prevention as well as expanding testing.

- [Essential Services and Critical Infrastructure](#)
- [COVID-19 Critical Infrastructure Sector Response Planning](#)
- [CISA Guidance on Essential Critical Infrastructure Workforce](#)



### Postpone Travel

Postpone travel. Those who choose to travel by air should follow recommendations for testing before and after travel. Other strategies also need to be implemented to reduce the risk for those who choose to travel, including use of face masks and maintaining physical distance.

- [Travel](#)
- [Public Transportation and Hubs](#)
- [Testing and International Air Travel](#)
- [When not to travel](#)
- [Mask and travel guidance](#)
- [Domestic travel](#)

Issue policies or directives mandating universal use of face masks on all modes of public transportation.

- [Interim Guidance: Wearing of face masks while on public conveyances and at stations, ports, and similar transportation hubs](#)



### Wash Hands

Increase room air ventilation.  
Wash hands often.

- [When and How to Wash Hands](#)

Enhance ventilation and cleaning and disinfection, particularly of essential indoor spaces.

Ensure adequate supplies of hand sanitizer are available.

- [Cleaning and Disinfecting](#)
- [SARS-CoV-2 and Potential Airborne Transmission](#)



### Vaccinate Widely

Get the vaccine when appropriate given guidance on priorities.

Continue to follow all preventive measures until an effective vaccine is widely available and enough people have been vaccinated.

- [Vaccines](#)

Plan for distribution and administration of vaccines to achieve high community uptake. Communicate the need for following preventive measures until enough of the community has been vaccinated.

- [Preparing to Provide COVID-19 Vaccines to Your Patients](#)
- [COVID-19 Vaccination Resources](#)