

Subject: Coronavirus Guidelines for America - 30 Days to Slow the Spread



State and Local Elected Officials –

We applaud State, local, and tribal leaders for implementing community mitigation efforts to slow the spread of COVID-19 (coronavirus). To keep the momentum going, today – Tuesday, March 31 – President Donald J. Trump announced the extension of the ***Coronavirus Guidelines for America*** for an additional 30 days through Friday, April 30th. The recommendations are simple to follow and will continue to have a resounding impact on public health.

[30 Days to Slow the Spread](#) ([Español](#))

THE PRESIDENT'S **CORONAVIRUS GUIDELINES** FOR AMERICA

30 DAYS TO SLOW THE SPREAD

Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

For more information, please visit
CORONAVIRUS.GOV

The graphic is a white rectangular box with a blue diagonal footer. At the top, it says "THE PRESIDENT'S CORONAVIRUS GUIDELINES FOR AMERICA" in a grey box. Below that is the main title "30 DAYS TO SLOW THE SPREAD" in large, bold, black letters. The body of the graphic contains five bullet points, each starting with a bolded condition followed by instructions. At the bottom right, there are logos for the White House and the CDC, and the text "For more information, please visit CORONAVIRUS.GOV".

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- Wash your hands, especially after touching any frequently used item or surface.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.

CORONAVIRUS.GOV

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.

The White House Office of Intergovernmental Affairs (WH IGA) will continue to share pertinent information as it becomes available. Please do not hesitate to reach out to our office if we can be of assistance. As a reminder, WH IGA is the primary liaison between the White House and the country's State and local elected officials and Tribal Governments.

The White House Office of Intergovernmental Affairs

William F. Crozer
Special Assistant to the President/Deputy Director
White House Office of Intergovernmental Affairs



Download the COVID-19 App

COVID-19: Important Resources for State, Local, and Tribal Officials



Coronavirus Guidelines for America: On Monday, March 16, the White House Coronavirus Task Force issued guidelines to help protect Americans during the global coronavirus outbreak. To keep the momentum going in #StoppingTheSpread and #BendingtheCurve, on Tuesday, March 31, the White House Coronavirus Task Force issued revised guidelines – [30 Days to Slow the Spread \(Español\)](#)– through Thursday, April 30 (an additional 30 days). Even if you are young and otherwise healthy, you are at risk, and your activities can increase the risk of contracting the Coronavirus for others. Everyone can do their part. The recommendations are simple to follow but will have a resounding impact on public health.

Up-To-Date Information: The most up-to-date, verified information and guidance can be found via the Centers for Disease Control and Prevention Coronavirus Disease 2019 website – www.coronavirus.gov. The Coronavirus Task Force holds frequent briefings, which can be viewed live [here](#).

COVID-19 Response and Recovery Primer: Response and recovery efforts are locally executed, state managed, and federally supported. It is important that requests for assistance, including for critical supplies, get routed through the proper channels as soon as possible. Learn more about the response and recovery process via this important resource – [Coronavirus \(COVID-19\) Pandemic: Response and Recovery Through Federal-State-Local-Tribal Partnership](#). FEMA's public assistance guidance for COVID-19 response efforts can be found [here](#). Guidance for Tribal Governments can be found [here](#).

Critical Infrastructure Workforce Guidelines: On March 16th, the Department of Homeland Security (DHS) issued updated critical infrastructure guidance in response to the COVID-19 emergency. DHS issues revised guidance on March 28th (See [Memorandum on Identification of Essential Critical Infrastructure Workers During COVID-19 Response](#)). The [guidance](#), and accompanying list, is intended to help State, local, tribal and territorial officials as they work to protect their communities, while ensuring continuity of functions critical to public health and safety, as well as economic and national security. The list is advisory in nature and is not a federal directive or standard.

Coronavirus Fact vs. Myth: Rumors can easily circulate within communities during a crisis. FEMA setup a [website](#) to help the public distinguish between rumors and facts regarding the response to the coronavirus pandemic.

Fraud & Scam Protection: The Department of Justice is remaining vigilant in detecting, investigating, and prosecuting wrongdoing related to the crisis. Find out how you can protect yourself and helpful resources on DOJ's Coronavirus Fraud Prevention [website](#). The Federal Trade Commission has also established a [website](#) with helpful information to help consumers avoid coronavirus-related scams.

Social Media Resources: Download the [Apple COVID-19 Screening Tool](#). Follow the White House on [Twitter](#) and [Facebook](#). Also follow HHS ([Twitter/Facebook](#)) and CDC ([Twitter/Facebook](#)) You can also find informational videos from Coronavirus Task Force members on mitigation, social distancing, etc. on the White House's [YouTube](#) page.

Mental Health Resources: Natural disasters – including such pandemics as the coronavirus outbreak – can be overwhelming and also can seriously affect emotional health. The Substance Abuse and Mental Health Administration's (SAMHSA) Disaster Distress Helpline – 1-800-985-5990 (or text TalkWithUs to 66746) – provides 24/7, 365-day-a-year crisis counseling and support to anyone who is seeking help in coping with the mental or emotional effects caused by developments related to the coronavirus pandemic. Learn more about the Disaster Distress Helpline [here](#).

Administration Actions and Federal Agency Resources: USA.gov is cataloging all U.S. government activities related to coronavirus. From actions on health and safety to travel, immigration, and transportation to education, find pertinent actions [here](#). Each Federal Agency has also established a dedicated coronavirus website, where you can find important information and guidance. They include: Health and Human Services ([HHS](#)), Centers of Medicare and Medicaid ([CMS](#)), Food and Drug Administration ([FDA](#)), Department of Education ([DoED](#)), Department of Agriculture ([USDA](#)), Small Business Administration ([SBA](#)), Department of Labor ([DOL](#)), Department of Homeland Security ([DHS](#)), Department of State ([DOS](#)), Department of Veterans Affairs ([VA](#)), Environmental Protection Agency ([EPA](#)), Department of Energy ([DOE](#)), Department of Commerce ([DOC](#)), Department of Justice ([DOJ](#)), Department of Housing and Urban Development ([HUD](#)), Department of the Treasury ([USDT](#)), Office of the Director of National Intelligence ([ODNI](#)), and U.S. Election Assistance Commission ([EAC](#)).