



## COVID-19 Home

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☰ COVID-19

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## COVID-19 Info Line

☎ 401-222-8022  
 (Mon-Fri 8:30am-4:30pm) or  
 ✉ RIDOH.COVID19Questions

After hours: Call 211

[Information for Healthcare Providers](#)

## Resources

### Factsheets

🌿 [10 things you can do to manage your health at home](#)

- ✚ Department of Labor and Training: Workplace Fact Sheet
- ✚ Did you lose your health coverage?
- ✚ NJDOH: Isolation vs. Quarantine (English) (Spanish)
- ✚ Novel Coronavirus (English) (Spanish)
- ✚ Share Facts About COVID-19
- ✚ What to do if you are sick with COVID-19

## Guidelines

- ✚ 15 Days to Slow The Spread
- ✚ Coronavirus (COVID-19) Guidance for Athletic Administrators & Coaches in School & After-School Programs
- ✚ COVID-19 Preparedness and Response  
*Interim Guidance for Large Events*
- ✚ Tips for Families: Coping with Stress from COVID-19

## Guides

- ✚ Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)
- ✚ RIGCD COVID-19 Resource Guide

## Instructions

- ✚ Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission (3/11/20 RI risk level is minimal to moderate)
- ✚ RI Office of the Health Insurance Commissioner & Medicaid Program Instructions COVID-19 State of Emergency
- ✚ Specimen Collection Kit Instructions for 2019 Novel Coronavirus (COVID-19)

## Notices

- ✚ Pharmacies Offering Delivery of Medications

## Other Languages

- ✚ Novel Coronavirus 2019 (COVID-19 Chinese)
- ✚ Stop the Spread of Germs (Chinese)
- ✚ NJDOH: Isolation vs. Quarantine (Chinese)

## Podcast

- ✚ What we know about coronavirus with Dr. Philip Chan, Associate Professor, Brown University

## Posters

- ✚ Stop the Spread of Germs (English) (Spanish)
- ✚ Viruses Don't Discriminate

### Other Languages

- ✚ Stop the Spread of Germs: Other Languages

## Video

- ✚ Press Conference Videos

## Web Pages

- ✚ City of Providence, COVID-19 Information
- ✚ Coronavirus 2019 Information: National LGBT Cancer Network(2020)
- ✚ COVID-19 Global Cases Map
- ✚ PreventOverDoseRI COVID-19 Resources

## COVID-19 Press Releases



03/23/2020 18:00 EDT

[Governor, Dr. Alexander-Scott Announce Domestic Travel Restrictions, New Primary Date](#)

03/22/2020 17:45 EDT

[Governor, RIDOH Provide Updates on State Actions During COVID-19 Crisis](#)

03/21/2020 18:00 EDT

[Governor, Dr. Alexander-Scott Provide Updates on State Regulations During COVID-19 Crisis](#)

03/20/2020 18:30 EDT

[Governor Activates National Guard, Extends Rhode Island Tax Filing Deadline Ten additional cases of COVID-19 in Rhode Island](#)

[More+](#)

## Coronavirus Disease 2019 (COVID-19)

Coronavirus Disease 2019 (COVID-19) is a virus strain that has only spread in people since December 2019.

For the latest information on Rhode Island specific COVID-19 numbers, [see RIDOH's COVID-19 Disease Data webpage](#).

Someone's risk for COVID-19 is closely tied to their recent travel history, and the travel histories of their immediate contacts — specifically, travel to [areas with community transmission](#) of COVID-19 or close contact with a person confirmed to have COVID-19. Remember that interaction with someone who had contact with someone who has confirmed COVID-19 does not pose a risk if that contact is not sick. One of the most important messages for us to remember is that someone's nationality alone is *not* a risk factor for COVID-19.

### General guidance and information

- If you have traveled anywhere internationally in the last 14 days, self-quarantine for 14 days. That means do not go to work or school and stay at home.
- Avoid all crowded places, large events, and mass gatherings. However, people should continue doing essential errands (such as going to the grocery store).
- Through March 30th, there will be no on-site food consumption for restaurants, bars, coffee shops, or other food establishments in Rhode Island. (Establishments with a food license can continue to conduct pick-up, drive-thru and delivery only.)
- Whenever possible, avoid close personal contact with people in public. When greeting people avoid handshakes and hugs.
- [15 DAYS TO SLOW THE SPREAD](#)

### Medical and Quarantine Information

- To prevent infection with COVID-19, the CDC recommends **frequent handwashing with soap and warm water; coughing and sneezing into your elbow or a tissue; avoid touching mouth, nose, and eyes; and if you are sick, stay at home.** [MORE](#)
- There are many respiratory illnesses circulating in Rhode Island, such as the flu and the common cold. Having respiratory symptoms does not mean that you have COVID-19. People are at higher risk for COVID-19 if they have symptoms of COVID-19 (cough, fever, shortness of breath) AND if they were a contact of a confirmed positive case of COVID-19 (or have traveled to [country with community transmission](#)).
- Someone is considered a contact if they have had direct, face-to-face contact with a person with COVID-19.

Testing can only be done on individuals who have symptoms that are consistent with COVID-19 and who have had contact with a confirmed case of COVID-19 or travel history to a [country with ongoing community](#) spread of COVID-19. Testing individuals with no symptoms or history of travel is not recommended by CDC.

- If you are subject to [self-quarantine](#) that means:
  - Stay home.
  - Do not go to work, school, or public areas.
  - Do not use public transportation.
  - Separate yourself from other people in your home. As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available.
- **People who think they have COVID-19 should call their healthcare provider. These people should NOT go directly to a healthcare facility without calling a healthcare provider (unless they are experiencing a medical emergency).**

**People with general questions about COVID-19 can call [☎ 401-222-8022](tel:401-222-8022).**

**Please see [UPDATED INFORMATION FROM CDC](#) (this may take a moment to load). For answers to frequently asked questions, please read the [RIDOH/CDC fact sheet](#).**

## Publications & Resources

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[For Businesses +](#)

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[For Care givers +](#)

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[For Chronic Condition Patients +](#)

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[For Educators and Trainers +](#)

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[For Employees +](#)

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[For Employers +](#)

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[For Food Safety Managers +](#)

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[For Food Vendors +](#)

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[For Health Plans +](#)

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[For Healthcare Administrators +](#)

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[For Healthcare Providers +](#)

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[For Healthcare Workers +](#)

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[For Laboratorians +](#)

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[For Long Term or Residential Care Managers +](#)

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[For Parents +](#)

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[For Patients and Caregivers +](#)

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[For Public +](#)

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[For Public Health Professionals +](#)

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[For Restaurants +](#)

[For School Administrators +](#)

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## CONTACT


### Department of Health

3 Capitol Hill  
Providence, RI 02908

[Email us](#)

[Directions](#)

 Phone: 401-222-5960

 After Hours Phone: 401-276-8046

RI Relay 711

[Phonebook](#)

## OFFICE HOURS

Monday - Friday  
8:30 AM - 4:30 PM

Vital Records 7:30 AM - 3:30 PM

Food Protection 8:30 AM - 4 PM

Parking restrictions until 3 PM

## PUBLICATIONS CENTER

[Order Materials](#)

## OTHER LANGUAGES

[Español](#)

[Português](#)

 [FOR EMPLOYEES](#)

## WEBSITE POLICIES



Official Website of the State of Rhode Island

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