

This afternoon, President Trump issued new guidelines for all Americans to help slow the spread of the Coronavirus. These guidelines (listed below) were recommended to the President by the White House Coronavirus Task Force.

As public servants, the men and women of the Commerce Department have a unique opportunity to lead by example and inspire others in our communities. By adhering to the President's guidelines in our personal and professional lives, all of us can help protect our families, friends, and colleagues from this Coronavirus outbreak.

The next 15 days are a critical period for slowing the spread. We must do our part to combat this virus and help protect the health and well-being of our nation.

Please continue to monitor updates from the CDC at [coronavirus.gov](https://www.cdc.gov/coronavirus) and from DOC Broadcast emails.

The President's Coronavirus Guidelines for America 15 Days to Slow the Spread

1. Listen to and follow the directions of your state and local authorities.
2. If you feel sick, stay home. Do not go to work. Contact your medical provider.
3. If your children are sick, keep them at home. Do not send them to school. Contact your medical provider.
4. 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.
5. If you are an older person, stay home and away from other people.
6. 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.
7. 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 stop the spread of the coronavirus:
 - Avoid social gatherings in groups of more than 10 people.
 - Avoid eating or drinking in 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.

Thank you again for all that each of you are doing to promote the health and safety of our communities and the success of the American public. For more information please click on the link below.

https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf