

# Novel Coronavirus (COVID-19)

## What is COVID-19?

COVID-19 is a new virus that can cause a serious respiratory illness in some people. It was detected first in Wuhan, China in 2019 and is spreading to other countries, including the United States.

It is part of the coronavirus family, but not one of the coronaviruses that normally circulates among humans. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS-CoV, SARS-CoV, and now with this new virus (named SARS-CoV-2)

Most people (80%) who with this disease will have a mild illness.

## What are the symptoms\*?

### Fever, Cough & Shortness of Breath



Fever, cough and shortness of breath are the most common symptoms.



Signs of fever include feeling hot, sweating, chills, headache and body ache.

Shortness of breath means feeling like you can't get air when you breathe

### Less Common Symptoms



Sore throat, runny nose, vomiting or diarrhea. Per CDC, limited data suggests children may present with these symptoms

\*Symptoms may appear 2 - 14 days after exposure

## What to do if someone has symptoms or has been exposed?

### CALL your Primary Care Provider



Call your doctor/nurse **before** going to the office. Tell them about any recent travel or possible exposure to coronavirus.

### Have the SICK person wear a mask



Have the sick family member wear a mask to prevent spreading the illness to others.

### Monitor Symptoms



Monitor symptoms and take temperatures 1 -2 times a day (know baseline temperature). Continue isolation until instructed by your doctor.



# How to Prepare your Family for a possible COVID-19 Outbreak

## Create a Family Action Plan

- Talk with the people who need to be included in your plan.** Meet with household members, relatives, and friends to discuss what to do if a local COVID-19 outbreak occurs and what everyone will need
- Talk to your doctor if you or a household member is at increased risk for serious complications from COVID-19 illness.** Current data, though limited, suggests that older people and those with underlying health issues may be at higher risk for a more serious COVID-19 illness..
- Identify aid organizations in your community.** Create a list of local organizations to call if you need information, food, health care, assistance, counseling services, food, or other supplies.
- Create an emergency contact list.** Create a list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, and other community resources. Include local or neighborhood websites' addresses.

## Use and teach everyday preventive actions to help prevent the spread of disease

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care
- Cover your coughs and sneezes with your sleeve or tissue. Throw tissues away after 1 use.
- Clean frequently touched surfaces and objects daily (tables, counters, light switches, doorknobs, etc) using regular household cleaner and water.
- Wash your hands often with soap and water, especially before eating, going to the bathroom, blowing your nose, coughing and sneezing. If you can't wash your hands, use hand sanitizer with at least 60% alcohol (check label).
- Choose a room in your home where someone who is sick can be isolated from family members who are well. If possible, also set aside a bathroom for the ill one.

## Prepare for possible disruptions to daily routines, including school and work

- Learn about the emergency operations plan at your child's school or childcare facility
- If a local COVID-19 outbreak occurs, it is possible that some schools may be temporarily closed to help slow the spread of the illness, or if too many students or staff are absent.
- Learn how your school/s plan to continue providing education and social services (such as student meal programs) during school dismissals.
- Create a plan for childcare, if needed, if schools and/or after-school programs are closed.
- Learn about your employer's emergency operations plan. Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members.