

CoVID-19 Facts

All of the following information is derived from the United States Center for Disease Prevention and Control web site.

The Virus can spread to anyone. Previously unexplained youth exclusion is proving to be without merit. Older (65 years plus) are proving to be susceptible to more severe illness to include hospitalization, intensive care requirements. Persons with other health conditions are exhibiting higher incident rate of complications up to and including death.

The symptoms are respiratory related and range from mild to severe. Minimal (less than 4%) individuals will exhibit no symptoms. Symptoms include:

- Fever
- Cough
- Shortness of Breath

The symptoms will appear 2-14 days after exposure. Emergency Warning signs that require **immediate medical attention** are: (not all inclusive)

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish colored lips or face

As of March 23, 2020, there is not a vaccine to prevent infection from CoVID-19, the best way to prevent the illness is to avoid exposure to the virus, that you cannot see.

The virus **IS NOT** airborne! Although it does spread between individuals in close proximity to one another by respiratory droplets transferred by coughing and sneezing that are breathed in by a healthy person. The virus can also spread by contact with a contaminated surface. The contact transports the virus to the face (nose, mouth or eyes) of the healthy person and infects them.

Precautions to avoid infection include:

- Isolate infected people away from healthy people
- Avoid touching your face until hands are clean
- All people should maintain six (6) feet separation until we can eliminate the virus
- Thoroughly and routinely wash your hands with soap, be sure to clean all areas
- Hand sanitizer with 60% alcohol is second choice to washing

CALL IN if you are sick, do not come to work to report illness. If a household member is sick **DO NOT** come to work until CoVID-19 is ruled out and you are three days without symptoms.

I AM SICK

If you are sick, **STAY HOME** do not go out in public unless you are going for medical care. **DO NOT** permit visitors to your home while sick. **DO NOT** use public transportation. Most people will recover at home with only treatment for the symptoms.

- Monitor for change or worsening symptoms
- Stay in contact with your health care provider
- Stay hydrated
- Rest to allow your body to fight the virus
- Over the counter medications for discomforts

Isolate sick people from healthy people and animals to avoid spreading the virus. Use the time in isolation to visit the CDC web page;

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

If you live with others:

- Do all that you can to prevent spread of the virus, masks, closed rooms, etc.
- Limit those in direct contact with you to as few as possible.
- Practice good hygiene to eliminate the virus.
- Avoid sharing of household items, toiletries, towels, etc.
- Be particularly mindful of people with higher risk of severe illness in the household.

If you live alone: set up a wellness check schedule with friends and family. Have them deliver to the door any support you may need.

A HOUSEHOLD MEMBER IS SICK

Follow all the same procedures as if you were sick to include **STAY HOME**. Assist them with isolation, care for them at a distance to prevent spread of the virus to you and others. Monitor their symptoms and be prepared to seek medical care if their condition worsens.

WHEN TO END ISOLATION

Without testing, three factors will determine when to end isolation, they are;

- 1.) 72 Hours (3 days) of no fever without any medicine use to reduce fever; **AND**
- 2.) Other symptoms have improved (cough decline, breathe fine); **AND**
- 3.) Minimum of 7 days passed from when symptoms first appeared.

With testing, three factors will determine when to end isolation, they are;

- 1.) 72 Hours (3 days) of no fever without any medicine use to reduce fever; **AND**
- 2.) Other symptoms have improved (cough decline, breathe fine); **AND**
- 3.) Two tests administered 24-hours apart indicate negative.