



March 2, 2020

According to the CDC, the immediate health risk for the U.S. public is believed to be low at this time. However, there are some everyday health safety and preparedness steps that people should take now in response to coronavirus (COVID-19) concerns.

HOW COVID-19 SPREADS

COVID-19 may cause mild to severe respiratory symptoms such as: cough, fever, trouble breathing and pneumonia. The CDC believes that symptoms may appear in as few as 2 days or as long as 14 days after exposure.

COVID-19 is a new disease and there is more to learn about how it spreads, the severity of illness it causes, and to what extent it may spread in the United States.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. *It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick. Approximately 6 feet distance.
- Avoid touching your eyes, nose, and mouth (to help prevent easily access for virus to enter respiratory system)
- Stay home when you are sick. (recommended voluntary isolation for 14 days)
- Cover your mouth and nose with a tissue when coughing or sneezing and then throw the tissue in a lined trash can.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with 60-95% alcohol.
- Disinfect doorknobs, switches, handles, computers, telephones, bedside tables, bathroom sinks, toilets, counters, toys and other surfaces that are commonly touched around the home or workplace.
- Follow the CDC's recommendations for using a facemask: CDC does not recommend that people who are healthy wear a facemask to protect themselves from respiratory diseases, including COVID-19. **Facemasks should be used by people who are ill to help prevent the spread of the disease to others. If you are ill the CDC recommends the wear of Personal Protective Equipment or PPE (e.g., gowns, gloves, NIOSH-certified disposable N95 respirator-facemask, eye protection).** The use of appropriate facemasks is also crucial for people who are taking care of someone in close settings (at home or in a health care facility).

NOTE: Close contact is defined as: being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case. – or –Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

GET YOUR HOUSEHOLD READY

There are things you can do right now to be ready for any emergency, and many of these same tips will help you prepare in case this new coronavirus risk level increases in the U.S.

- Have a supply of food staples and household supplies like laundry detergent and bathroom items, and diapers if you have small children.
- Check to make sure you have at least a 30-day supply of your prescription medications, and have other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Know how your local public health agency will share information.
- Learn how your children's schools and your place of work plan to handle any outbreak.
- People with elderly parents or relatives should have a plan in place for caring for them if they fall ill.

It's important to emphasize that if you have traveled to an area affected by the outbreak, and feel sick with fever, cough or difficulty breathing, you should seek medical advice. Call ahead before you go to a doctor's office or emergency room and tell them about your travel and symptoms.

UP-TO-DATE INFORMATION

**For the latest information, please visit the CDC website
at [cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov).**