



CORONAVIRUS (COVID-2019)

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread 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.

Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

SYMPTOMS

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of: fever, cough, and shortness of breath. And it can also lead to pneumonia.

HOW IT SPREADS

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. It can also be spread through:

- Food or drinks that are contaminated
- Touching objects that are contaminated and then touching your mouth
- Direct contact with another person who is infected and showing symptoms

The reason it spreads so fast is because it is so small and it only takes a small amount to make someone sick. You can even become sick by coming into contact with small droplets that can travel through the air. It cannot multiply outside of the body, but it can live outside of the body on food, water, and surfaces.

HOW IT IS DIAGNOSED

Local health departments in concert with your doctor can test for the virus. Before heading to the doctor's office, alert them that you have similar symptoms, and wear a mask to protect others from your cough.

TREATMENT

Right now there aren't any medications that will fight it off and there aren't any vaccines to prevent infection. Antibiotics don't work because it's a bacteria not viruses. Nasal rinses and zinc lozenges may reduce the virus' ability to multiply within the body.

PREVENTION

The CDC recommends that you can decrease your chances of being infected by:

- Frequently washing your hands for at least 20 seconds.
- Proactively clean "hi-touch surfaces" and clean and disinfect surfaces after an episode of illness. Chlorine or Peroxide based cleaners seem to be highly effective.
- Using a HEPA, disposable respirator with exhale valve while working with patients or cleaning hotel rooms that may have housed infected individuals.
- The World Health Organization encourages employees to work from home while sick and for up to 2 weeks after symptoms subside.
- Not preparing foods if you have been sick for at least two weeks after symptoms subside. Encourage food workers to stay away from work for two weeks after symptoms subside.

TIPS FOR AVOIDING CONTRACTING AND SPREADING CORONAVIRUS

- Stay at home with any symptoms of a respiratory illness.
- Cover coughs or wear a mask around others.
- Frequently wash your hands for 20 seconds or use hand sanitizer with at least 60% alcohol.
- Clean and disinfect “hi-touch” surfaces with Chlorine or Peroxide cleaners.
- Wash clothing daily and work clothes daily.
- Use an HEPA, or N95 disposable respirator with exhale valve while working with patients or cleaning hotel rooms.
- Encourage employees to work from home while sick and for two weeks after symptoms subside.
- Do not prepare foods if you have been sick for at least two weeks after symptoms subside.
- Food servers are encouraged to stay at home until symptoms subside.

