

# COVID19 UPDATE

## WHAT IS THE COVID19

Covid19 is the name of the illness caused by a Coronavirus. It is a respiratory illness that can cause symptoms that include:

- Fever
- Cough
- Muscle aches
- Headaches
- Diarrhea

Some people will develop the sensation of shortness of air when they breath and some will develop pneumonia. If the symptoms make you sick enough, you may need to be hospitalized. These symptoms are similar to other viral infections like the flu. It is important to note that 80% of the people who get sick with Covid19 have mild cold symptoms and easily recover from the illness.

## WHAT ACTIONS CAN YOU TAKE TO PREVENT TRANSMISSION

- Try to avoid touching your eyes, nose and mouth
- Wash your hands frequently for a minimum of 20 seconds
- If you cough or sneeze, do it into your arm or elbow
- Sanitize surfaces regularly
- Avoid persons who are sick
- Stay home if you have fever or respiratory symptoms

## WHO IS AT RISK

Covid19 appears to spread by respiratory secretions when people wipe their nose, cough or sneeze (similar to how other viruses like the flu spread). Currently people at risk have been in close contact with infected people in the last 14 days, before the infected person's symptoms began. The average time from exposure to signs of illness is about 5 days, ranging from 2 to 14 days. The most at risk population appear to be people who are older or who have chronic medical conditions.

## HOW DO YOU PREPARE FOR COVID19

- Follow trusted information sites such as
  - [www.cdc.gov](http://www.cdc.gov)
  - [Www.coronavirus.gov](http://Www.coronavirus.gov)
- Ask about plans for group closures and canceled events and limit large group gatherings
- Work from home if possible, and limit unnecessary travel
- Perform good hand washing with soap washing for at least 20 seconds
  - The virus will be destroyed by soap contact making hand washing a key protection measure
- Sanitize surfaces frequently

- If you are quarantined, keep a 2 week supply of food, water, necessary items and medications available
- Review your important medical documents including
  - Statutory durable power of attorney
  - Medical power of attorney
  - HIPPA release
  - Directive to physicians
- Use the google website that will be launched soon for direction on what to do next if you are experiencing symptoms

For more information on how the coronavirus works use the following link

[www.nytimes.com/interactive/2020/03/11/science/how-coronavirus-hijacks-your-cells.html](http://www.nytimes.com/interactive/2020/03/11/science/how-coronavirus-hijacks-your-cells.html)