What You Should Know About COVID-19

- COVID-19 is a respiratory disease caused by a new coronavirus detected in 2019, which has been named “coronavirus disease 2019 (COVID-19)”
- The virus is thought to spread mainly between people in close contact (within 6 feet) through respiratory droplets when an infected person coughs or sneezes
- It is slightly more contagious than the flu and much less contagious than measles. The World Health Organization estimates the R0 (average number of people one person will infect) to be 1.4 to 2.5. In contrast, the R0 for measles is 12 to 18, and the R0 for seasonal flu is 1.2
- The majority of cases, especially in children, are mild. The WHO estimates an overall case-fatality rate of 0.7%, with higher rates in those 70 years or older.

Precautions You Can Take (CDC Guidelines):
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:

- STAY HOME
- Social distance (6ft)
- 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 at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- Follow federal guidelines regarding masks
- FOLLOW CDC, STATE AND LOCAL UPDATES closely for regular updates

TIPS FOR CAH:

- Remember to stress-dose for any febrile illness
- Make sure you have enough medication on hand
- Keep enough non-perishable food items in your home in case you are quarantined
- Vaccinate against the flu