



Coronavirus Preparedness

March 27, 2020

Due to the current coronavirus threat, we are providing the following information about COVID-19, providing instructions in the event of exposure, and reminding you of some important tips to help you stay safe and be prepared.

Coronavirus General Information

Sometimes animal coronaviruses evolve and enter the human population. In 2019, a novel coronavirus was identified as a cause of respiratory infection in people in Wuhan, China. This is now being referred to as COVID-19. Other examples include SARS and Middle East Respiratory Syndrome coronavirus.

How to Protect Yourself

- Avoid touching your eyes, nose, and mouth.
- Stay at home when you're sick. Don't take the chance of spreading the virus or causing harm to yourself. It is better to be evaluated and cleared before returning to work.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Follow the CDC's and your facility's recommendations for using a facemask.
- Wash your hands often, including before eating, after using the restroom, and after blowing your nose, coughing or sneezing. Use soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer.
- Healthcare Personnel's providing care for patients with confirmed COVID-19 should use Standard Precautions, Contact Precautions, Airborne Precautions, and use eye protection. Be sure that you don't skip any step when it comes to PPE or potentially infectious material.

Symptoms of COVID-19

- Symptoms can range from mild to severe. Symptoms may appear 2-14 days after exposure and may include: fever, cough, and shortness of breath. Remember, the symptoms of COVID-19 are very similar to the flu, and it will be necessary to be tested and treated appropriately. If you exhibit signs and symptoms, please do NOT report to work. You should also immediately seek treatment from your nearest healthcare provider.
 - In addition to updates from the CDC and WHO, refer to local and state health departments and news outlets to know what is happening in your area.
 - If you are traveling to a new assignment, please monitor the CDC Travel Health Notices for the latest guidance and other information available on the CDC's website.
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