Coronavirus Disease
2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. Secondary Story Headline

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly 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. It also 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.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.

- Avoid touching your eyes, nose, and mouth with unwashed hands

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
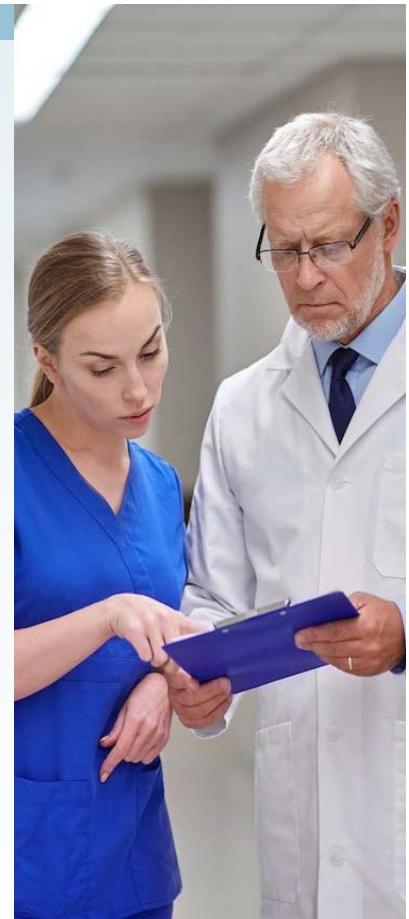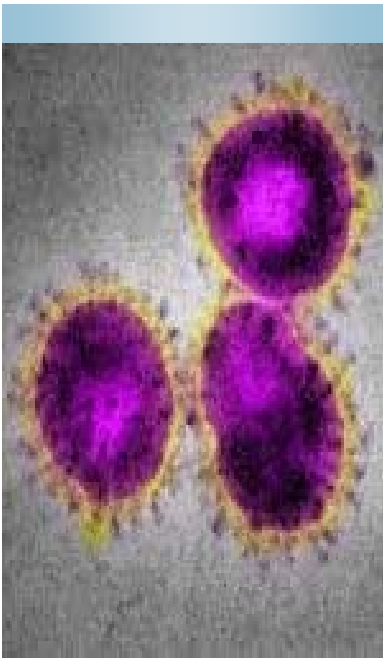
What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

For more information: www.cdc.gov/COVID

Show them healthy.

When & How to Use Hand Sanitizer in Community Settings

CDC recommends washing hands with soap and water whenever possible because handwashing reduces the amounts of all types of germs and chemicals on hands. But if soap and water are not available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer in community settings was developed based on data from a number of studies.

Why? Soap and water are more effective than hand sanitizers at removing certain kinds of germs, like *Cryptosporidium*, norovirus, and *Clostridium difficile*. Although alcohol-based hand sanitizers can inactivate many types of microbes very effectively when used correctly, people may not use a large enough volume of the sanitizers or may wipe it off before it has dried.

"If you have fever, cough and difficulty breathing, seek medical care early"

If you have fever, cough and difficulty breathing… seek medical care early Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Basic protective measures against the coronavirus

Wash your hands frequently
Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing
Maintain at least 1-meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth
Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene
Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

How to Clean and Disinfect

Surfaces

If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.

For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.

Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- Prepare a bleach solution by mixing:

- 5 tablespoons (1/3rd cup) bleach per gallon of water or

- 4 teaspoons bleach per quart of water

Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces.

After cleaning:

- If the items can be laundered, launder items in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely.

Do not go to the emergency room unless essential.

Emergency rooms need to be able to serve those with the most critical needs.

If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first.

Stay informed. Information is changing frequently!!

Flu Survival Kit

Anti-bacterial soap

Anti-diarrhea medicine

Benadryl

Bleach

Bottled water

Cough Lozenges

Cough Medicine

Dayquil

Electrolyte drinks

Emergen-C

Fever Medications

Hand Lotion

Ibuprofen

Kleenex

Lysol or Clorox Wipes

Masks

Mucinex

NyQuil

Probiotics

Rubber Medical Gloves

Rubbing alcohol

Thermometers

Trash bags

Tylenol

Vicks VapoRub

Wash cloths

Flu Survival Kit:

If you're one of those people who brag, come flu season, that you "never, ever get sick," be aware: The odds may catch up to you. Every year, about 5% to 20% of U.S. residents get influenza, according to estimates from the CDC.

Taking certain antiviral drugs within 48 hours of the onset of symptoms can shorten the duration of the flu, but that involves recognizing you have the flu, getting in touch with your doctor, and going to the pharmacist before the 48 hours is up.

Just in case your number is up this year, consider assembling a simple home care kit for help in surviving the flu. If you are not only in denial but too busy to shop for a flu survival kit, take heart: it might just be an assembly job.

Most of the supplies are routine medicines you have in your medicine cabinet anyway.

Pandemics

Millions of people in the United States get sick with the flu each year, and thousands of people are hospitalized; these numbers may increase during a flu pandemic.

Flu pandemics are much less common but can occur at any time. Do not let your household be caught by surprise! Just as you prepare for seasonal flu, you should prepare for pandemic flu.

Create an emergency plan to prepare your household for a flu pandemic. Taking action now can help protect you and the health of those you care about.
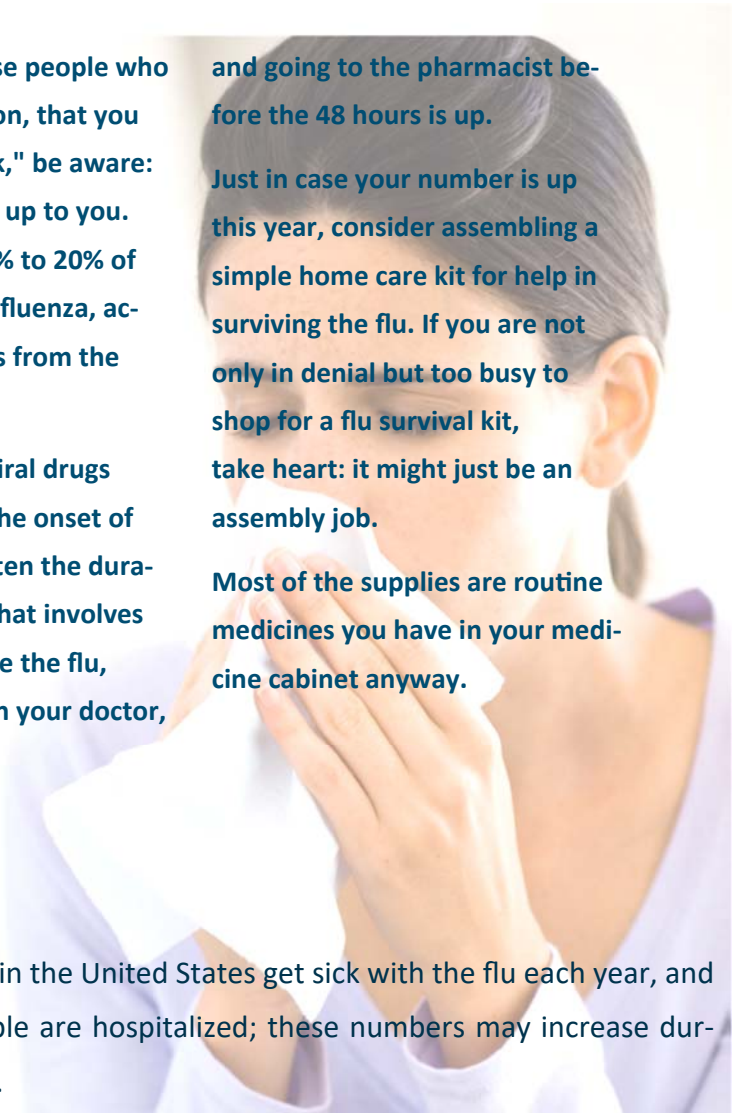
At work preparedness

Prepare to stay home. Staying at home from work when you are sick is the most important thing you can do to protect others.

Know policies. Ask your employer or union about sick leave and policies about absences, time off, and telecommuting.

Encourage planning. Every business, organization and agency should have a plan for making sure essential work can get done if large numbers of employees are absent over many months. You may be asked to perform duties that are not typically part of your job.

Explore other ways to get your work done. Find ways to reduce personal contact, such as increased use of e-mails or phone conferences. Plan to work from home whenever possible.

"Staying at home from work when you are sick is the most important thing you can do to protect others."

Preparedness in your community

Know your neighbors. Talk with family, friends, and neighbors to make sure everyone is prepared. Be ready to help neighbors who are elderly or have special needs if services they depend on are not available.

Know school policies. Know policies about illness and being absent. Be prepared for school closures.

Volunteer with community groups. Assist with planning for emergency response to disasters and pandemic influenza.

Prevent the spread of the virus

Stay home from work and school when you are sick.

Stay away from others as much as possible when they are sick.

Wash hands frequently. Use soap and water or an alcohol-based hand cleaner, such as Purell® or store-brand.

Cover your mouth and nose when coughing and sneezing. Try using the crook of your elbow or your shoulder for cover, instead of hands.

Throw away used tissues right away. If you use tissues to cover your cough or blow your nose, dispose of them in the nearest waste bin immediately after use, then wash hands.

Set an example for your children. Show them how to limit the spread of viruses and germs.

Talking with children about Coronavirus

As public conversations around coronavirus disease 2019 (COVID-19) increase, children may worry about themselves, their family, and friends getting ill with COVID-19.

Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear in a way that is honest, accurate, and minimizes anxiety or fear. CDC has created guidance to help adults have conversations with children about COVID-19 and ways they can avoid getting and spreading the disease.

Remain calm and reassuring.

Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.

Make yourself available to listen and to talk.

Make time to talk. Be sure children know they can come to you when they have questions.

Avoid language that might blame others and lead to stigma.

Remember that viruses can make anyone sick, regardless of a person's race or ethnicity. Avoid making assumptions about who might have COVID-19.

Pay attention to what children see or hear on television, radio, or online.

Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.

Provide information that is honest and accurate.

Give children information that is truthful and appropriate for the age and developmental level of the child.

Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information.

Teach children everyday actions to reduce the spread of germs.

Remind children to stay away from people who are coughing or sneezing or sick.

Remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.

Discuss any new actions that may be taken at school to help protect children and school staff.(e.g., increased handwashing, cancellation of events or activities)

Get children into a handwashing habit.

Teach them to wash their hands with soap and water for at least 20 seconds, especially after blowing their nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

If soap and water are not available, teach them to use hand sanitizer. Hand sanitizer should contain at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**

If your **hands are not visibly dirty**, wash them with soap and water or use an alcohol-based hand cleanser

World Health Organization

Facts about COVID-19 for discussions with children

Try to keep information simple and remind them that health and school officials are working hard to keep everyone safe and healthy.

What is COVID-19?

COVID-19 is the short name for "coronavirus disease 2019." It is a new virus. Doctors and scientists are still learning about it.

Recently, this virus has made a lot of people sick. Scientists and doctors think that most people will be ok, especially kids, but some people might get pretty sick.

Doctors and health experts are working hard to help people stay healthy.

What can I do so that I don't get COVID-19?

You can practice healthy habits at home, school, and play to help protect against the spread of COVID-19:

Cough or sneeze into a tissue or your elbow. If you sneeze or cough into a tissue, throw it in the trash right away.

Keep your hands out of your mouth, nose, and eyes. This will help keep germs out of your body.

Wash your hands with soap and water for at least 20 seconds. Follow these five steps—wet, lather (make bubbles), scrub (rub together), rinse and dry. You can sing the "Happy Birthday" song twice.

If you don't have soap and water, have an adult help you use a special hand cleaner.

Keep things clean. Older children can help adults at home and school clean the things we touch the most, like desks, doorknobs, light switches, and remote controls. (Note for adults: you can find more information about cleaning and disinfecting on CDC's website.)

If you feel sick, stay home. Just like you don't want to get other people's germs in your body, other people don't want to get your germs either.

What happens if you get sick with COVID-19?

COVID-19 can look different in different people. For many people, being sick with COVID-19 would be a little bit like having the flu. People can get a fever, cough, or have a hard time taking deep breaths. Most people who have gotten COVID-19 have not gotten very sick. Only a small group of people who get it have had more serious problems. From what doctors have seen so far, most children don't seem to get very sick. While a lot of adults get sick, most adults get better.

If you do get sick, it doesn't mean you have COVID-19. People can get sick from all kinds of germs. What's important to remember is that if you do get sick, the adults at home and school will help get you any help that you need.

Christian County Health Department / Christian County Emergency Management

DHSS Hotline

The Missouri Department of Health and Senior Services (DHSS) activated a statewide public hotline for citizens or providers needing guidance regarding the novel coronavirus, or COVID-19.

At 8 a.m. today, the hotline opened and can be reached at **877-435-8411**.

The hotline is being operated by medical professionals and is available 24 hours a day, 7 days a week.

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https://www.christiancountyhealth.com/

Christian County Emergency Management

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