



2019 NOVEL CORONAVIRUS (COVID-19)

Protecting You and Your Families

February 27, 2020



Promote. Preserve. Protect.

hchealth.org



BACKGROUND

- In December 2019, an outbreak of acute respiratory illness was detected in mainland China.
- Many cases associated with seafood and animal market in the city of Wuhan, Hubei Province, in central China.
- In January 2020, health officials reported that the outbreak was caused by a novel coronavirus, which was later named COVID-19.
- **Rapidly evolving outbreak**

ABOUT THE DISEASE

- **Symptoms:**

Fever, cough, shortness of breath, pneumonia

- **Incubation period:** Thought to be 2-14 days

- **Transmission:**

Close personal contact, within 6 feet, of an infected person's cough or sneeze, similar to influenza virus.

Touching a surface with the virus on it, then touching your mouth, nose or eyes.

- **Prevention:** No vaccine

- **Treatment:** Supportive care

PREVENTION – NATIONAL

Travel Restrictions & Screening

- Guidance on travel changes almost daily. It is best to check the CDC website about travel for up to date information.
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- Public Health agencies are following some travelers and providing guidance per CDC protocols
 - Taking temperatures daily and reporting symptoms.
 - Seeking medical care if a fever and cough develops, or they have difficulty breathing:

PREVENTION – LOCAL HCHD ACTIONS

- Working with State and National partners to monitor the current situation as new information becomes available
- Working with County partners (HCPSS, HCC, HC Government and others) to bring accurate information and messaging to all concerned
- Providing information and guidance to private healthcare providers as facts become available
- Special phone line established for virus-related questions and staffed by an infectious disease nurse **410-313-6284**
- After-hours nurse-on-call availability
- Patient monitoring should it become necessary.
- Information and guidance created specifically for employers, schools and providers
- Providing updated information to public via website and email blasts.

PREVENTION – INDIVIDUAL

Avoid unnecessary travel to areas of concern

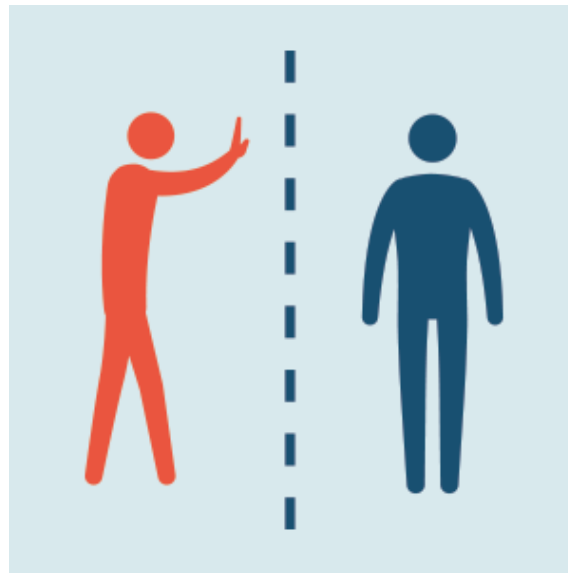
Practice cold and flu precautions:

- Cover your cough/sneeze with a tissue and throw the tissue away or cough/sneeze into your elbow
- Wash your hands thoroughly and often with soap and warm water or use hand sanitizer with 60% alcohol
- Avoid touching your mouth, eyes and nose with unwashed hands.
- Stay home when you are sick.
 - Call your healthcare provider if you are sick and have traveled to any areas of concern or have had contact with someone who has been ill with COVID-19
- Get a flu shot

PREVENTION – COMMUNITY

Practice social distancing if needed

Social distancing is creating ways to increase distance between people in settings where people commonly come into close contact with one another.



PREVENTION – ENVIRONMENTAL

- Clean frequently touched surfaces daily (Use soap & water or any disinfectant with a label that says "EPA approved" for killing bacteria and viruses)



PREPARATION

- Should you have to stay home due to illness or to care for someone who is sick, consider:
 - Have an adequate supply of nonprescription drugs and other health supplies on hand, which could include pain relievers, stomach remedies, cough and cold medicines, fluid with electrolytes and vitamins
 - Check your regular prescription drugs to make sure you have an adequate supply; refill your prescriptions if needed
 - Have a thermometer, tissues and hand sanitizer
 - Have a two-week supply of water and food available at home

RESOURCES

Where can I find more information?

Howard County Health Department

www.hchealth.org

Main 410-313-6300

Communicable Disease Program 410-313-6284


Maryland Department of Health

<https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx>

Center for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>


Prevent the spread of 2019 Novel Coronavirus



If you have:

- Fever
- Cough
- Shortness of breath
- Traveled to China in the last 14 days or
- Had contact with someone who has traveled to China in the last 14 days who has been sick

Please immediately tell a staff member and put on a mask.

 For up-to-date resources and information:
Visit health.maryland.gov/coronavirus

2019 nCoV CORONAVIRUS

HEALTH ALERT: Travelers from China
There is an outbreak of respiratory illness in China.

Travelers are required to be monitored for up to 14 days after leaving China.

Travelers should stay home and monitor their health within this 14-day period.
A health official will contact you to give additional instructions.

Take your temperature with a thermometer 2 times a day and watch your health.

If you develop a fever (100.4°F/38°C or higher), cough, or have difficulty breathing:

- Call your health department for advice before seeking care.
- If you can't reach your health department, call ahead before going to a doctor's office or emergency room.
- Tell them your symptoms and that you were in China.

 For more information: www.cdc.gov/nCoV