Coronavirus 19/COVID 19 Information

COVID 19 is a virus like the flu virus that people can catch from other people with the virus. We do not have a vaccination for this virus nor medicine that can treat the virus.

Most people sick with this new virus have cold and flu symptoms like fever, runny nose, dry cough, and body aches. Some people have gotten sicker with serious breathing problems.

What can I do to prevent COVID 19 infection in myself or others?

- Wash your hands often. Use soap and water or an alcohol-based hand cleaner. Scrub for at least 20 seconds (sing the Happy Birthday song two times). Help your children do the same. Make sure to wash your hands:
  - Whenever you touch your mouth, nose, eyes or face
  - After coughing or blowing your nose
  - Before eating
  - As soon as you get home each day
- Cough into your elbow, not your hands. Help your children do the same.
- Throw away your tissues right away after blowing your nose and wash your hands.
- Stay at home if you are sick. Keep your children home if they are sick. No work, school, daycare, or public events until well.
- Avoid the hospital or clinic for mild sickness so you don’t get exposed to more dangerous viruses at the hospital.
- Drink plenty of fluids. Pedialyte can help young children with vomiting or diarrhea.
- Clean your kitchen and bathroom counters and faucets frequently. Use soap, diluted bleach solution, or alcohol wipes.
- Avoid grocery stores, pharmacies and other places where you might contact sick people.

What can I do if I am sick with a dry cough and fever?

- Stay at home until well. DO NOT go to work, school, daycare, or public events like church, sporting events, weddings, or parties until well.
- Go to the hospital right away if you have trouble breathing. Put on a mask right away.
- Never touch the front of a mask—germs can be on the outside of the mask. Always wash your hands well after taking off or touching a mask.

How can I prepare my home in case of a COVID 19 infection?

- Have plenty of liquids to drink, non-perishable foods, soap, and tissues at home.
- Have fever medications like acetaminophen and ibuprofen at home. If you are on regular medications, make sure you keep at least a month’s supply stored at home.
- Have a plan for your children in case schools and day cares are closed.