Coronavirus ….. Need to Know

The Centers for Disease Control and Prevention (CDC) is monitoring a new outbreak of coronavirus. Initially the 2019 Novel Coronavirus was specific to China, but now it has been reported in a number of countries, including the United States. The virus causes an infection in your nose, sinuses, or upper throat.

The virus is thought to spread mainly from person-to-person between people in close contact

Symptoms can show up anywhere from 2 to 14 days after exposure. Early on, they're a lot like the common cold.

You might notice:

- Fever
- Cough
- Shortness of breath

Risk factors for infection with the coronavirus include the following:

- Recent travel to Wuhan, China, and other places where there is an outbreak

- Close contact with people who are diagnosed with the disease

- Close contact with anyone who has visited an outbreak zone like Wuhan

- Contact with secretions or feces from an infected person

- Eating or handling wild animals native to China (and other countries)

What to Do About Coronavirus

There is no vaccine for coronavirus. To help prevent a coronavirus infection, do the same things you do to avoid the common cold:

- Wash your hands thoroughly with soap and warm water or with an alcohol-based hand sanitizer.
- Keep your hands and fingers away from your eyes, nose, and mouth.
- Avoid close contact with people who are infected.

You treat a coronavirus infection the same way you treat a cold:

- Get plenty of rest.
- Drink fluids.
- Take over-the-counter medicine for a sore throat and fever. But don't give aspirin to children or teens younger than 19; use ibuprofen or acetaminophen instead.

A humidifier or steamy shower can also help ease a sore and scratchy throat.

If you get sick, treat your symptoms and contact a doctor if they get worse or don't go away.

The following are the directions given by the CDC for coronavirus prevention:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Follow CDC's recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- 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.

For information about handwashing, see CDC's Handwashing website.

For information specific to healthcare, see CDC's Hand Hygiene in Healthcare Settings.

These are everyday habits that can help prevent the spread of several viruses. CDC does have specific guidance for travelers.

I agree I have read and understand the information provided.

Employee Printed Name:_____

Employee Signature:_____

Date:_____
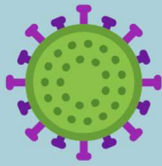
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COVID-19
### 2019 NOVEL CORONAVIRUS

Immediately implement appropriate infection prevention and control measures for any patient who may be infected with COVID-19 (World Health Organization, 2020).

STANDARD PRECAUTIONS

- Perform strict hand washing and respiratory hygiene.
- Apply masks to suspect patients; isolate when possible.
- Tell patients to cover nose and mouth when coughing or sneezing.
- Perform hand hygiene after contact with respiratory secretions.
- Don personal protective equipment (PPE) - mask, gown & gloves, as needed.
- Prevent needle-stick or sharps injury.
- Ensure safe waste management, environmental cleaning and sterilization of equipment.

CONTACT & DROPLET PRECAUTIONS

- Place patient in properly ventilated single room.
- Don PPE with any patient contact and remove when leaving the room.
- Use single use, disposable equipment; if equipment must be shared, clean with 70% ethyl alcohol between each patient use.
- Clean and disinfect patient-contact surfaces regularly.
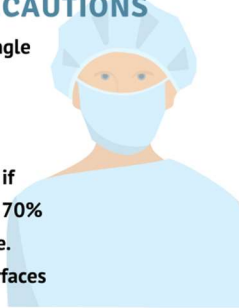
AIRBORNE PRECAUTIONS

- Institute for any aerosol-generating procedures.
- Use particulate respirator (i.e. N95 or equivalent).
- Don PPE.
- Perform procedures in adequately ventilated room.
- Limit the number of people in the room to the minimum required to care for and support the patient.

Reference:
World Health Organization (2020). Infection prevention and control during health care when novel coronavirus n-CoV is suspected. Retrieved from: https://www.who.int/publications-detail/infection-prevention-and-control-during-health-care-when-novel-coronavirus-(ncov)-infection-is-suspected-20200125

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