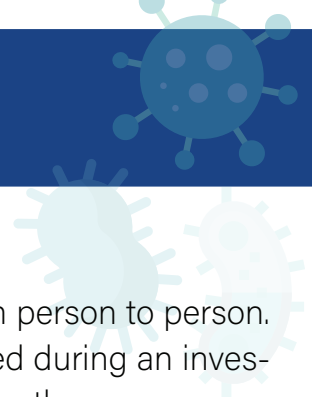


NOVEL CORONAVIRUS

What you need to know?



1. What is Coronavirus disease (COVID-19)?

Coronavirus disease (COVID-19) is primarily a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a “novel” or new coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. Other coronaviruses cause mild disease like the common cold.

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

Yes. COVID-19 appears to be spreading from person-to-person in a number of countries including China, South Korea, Italy, Iran and Japan. We are currently experiencing limited spread among close contacts in some areas of the United States.

3. Have there been any cases of COVID-19 in Dallas, Texas?

No. As of March 2, 2020, there are no confirmed COVID-19 cases in Dallas, although that may change at any time. The Texas Department of State Health Services (DSHS), Dallas County Health and Human Services are working closely with the Centers for Disease Control and Prevention (CDC) in monitoring the developing situation. The City of Dallas is actively working internally and with our public health partners to prepare and plan for the possibility of COVID-19 infections in our community.

4. How does COVID-19 spread?

The virus that causes COVID-19 may be passed from an infected person in several ways, including:

- Respiratory droplets released into the air by coughing and sneezing;
- Close personal contact, such as touching or shaking hands;
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

5. What are the symptoms of COVID-19?

Most patients with COVID-19 may have no or mild symptoms. Some may develop:

- fever
- cough
- muscle aches
- shortness of breath

If you have not recently travelled to an area with confirmed COVID-19 infections, your risk of infection is extremely low. Should you develop symptoms, it is more likely you have the common cold or Influenza (flu) and you should contact your medical provider for additional guidance.

6. How can I avoid infection with COVID-19?

The best way to prevent infection is to take precautions to avoid exposure to this virus. These are exactly the same precautions you would take to avoid coming down with a cold or the flu. The United States Centers for Disease Control and Prevention recommends these everyday actions to help prevent the spread of all respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- 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.

7. Is there a vaccine?

No. There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid exposure to the virus.

8. Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 infection receive supportive treatment including fluids to prevent dehydration, medicines to decrease fever or muscle aches, and sometimes oxygen therapy.

9. What should I do if I think I may be infected with COVID-19?

If you believe you may be at risk of infection with COVID-19 and you develop symptoms, call ahead to a healthcare provider for additional guidance. Be sure to tell your healthcare professional about your recent travel or contact. Your healthcare professional may work with the county public health department and CDC to determine if you need to be tested for COVID-19.

10. How can I be prepared?

Now is a good time to review your family's preparedness. For more information on family preparedness planning, go to www.dallasemergencymanagement.com.

