

Things to Consider During This Outbreak...

1. Scientists are still learning about the virus.
 - a. It may take 12 to 18 months to fully understand the novel Coronavirus (COVID-19) and develop complete treatment and prevention strategies.
 - b. Current majority of deaths are from people 70+
2. How it spreads
 - a. Absolute
 - i. Close contact within 6 feet of someone currently ill with the virus who...
 1. Coughs or sneezes virus droplets
 2. Droplets contact your mouth or nose
 - b. Possible
 - i. Touching surface or object that has virus droplets
 1. Then touching your mouth, nose, or eyes
3. People at higher risk (based on early information from China)
 - a. Older adults (60 +)
 - b. Heart Disease
 - c. Lung Disease
 - d. Diabetes
4. If you are at higher risk
 - a. Maintain good supplies
 - i. Your prescriptions
 - ii. Over the counter medications and medical supplies
 - iii. Groceries
 - b. Avoid crowds, and stay home as much as possible
 - c. Avoid non-essential travel
 - d. Avoid close contact with sick people
5. Current symptoms to suggest you are infected
 - a. Fever, Cough, and Shortness of Breath
 - i. Fever = 100.4 F
 - ii. Stay at home, and let someone know you are sick
 - iii. Contact your doctor, if he/she is not available seek Immediate Care Center or ER
6. In Short...
 - a. Cleanliness is Next to Godliness
 - b. If you are sick...
 - i. Don't share it with others
 - ii. Let others know
 - iii. Seek medical care
 - c. Currently more people are recovering than dying