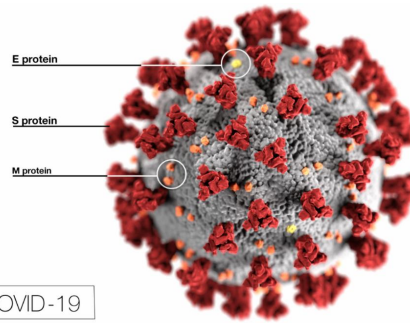




READY SET GO

WORLD CARES CENTER UPDATE



What is Coronavirus?

- The Centers for Disease Control and Prevention (CDC) is responding to an outbreak of respiratory disease caused by a new Coronavirus (COVID-19) that was first detected in China and has now spread to multiple countries including the U.S.
- According to the CDC, patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure and include fever, cough and shortness of breath.
- Call your healthcare professional if you develop symptoms and have been in close contact with a person known to have the disease, or if you have recently traveled from an area with widespread or ongoing community spread of the disease.

COVID-19 vs. Flu

COVID-19 12/19-03/01

Approximately 108,000 worldwide; over 500 cases in the U.S. as of March 9,2020

Approximately 3,700 deaths reported worldwide; 22 deaths in the U.S., as of March 9,2020.

No vaccine is available at this time, though it is in progress.

FLU 2018-2019

Estimated 1 billion cases worldwide; 9.3 million to 45 million cases in the U.S. per year.

291,000 to 646,000 deaths worldwide; 12,000 to 61,000 deaths in the U.S. per year.

A vaccine is available and effective to prevent some of the most dangerous types or to reduce the severity of the flu.

How COVID-19 Spreads

Person-to-person spread

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 3-6 feet)
- Via respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths, noses or mouths of people who are nearby or possibly be inhaled into the lungs.

Spread from contact with infected surfaces or objects

- It may be possible that a person can get COVID-19 by touching a surface or object that has

the virus on it and then touching their mouth, nose, or possibly their eyes.

Steps to Help Protect Against COVID-19

- Maintain at least 3-6 feet distance between yourself and anyone who is coughing or sneezing.
- When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.
- The consumption of raw or under-cooked animal products should be avoided. Raw meat, raw milk or raw animal organs should be handled with care to avoid cross contamination with uncooked foods.
- Disinfect doorknobs, switches, handles, computers, telephones, bedside tables, bathroom sinks, toilets, counters, toys and other surfaces that are commonly touched around the home or workplace.
- Avoid unnecessary contact with animals.
- Do not shake hands. Instead, wave or elbow bump.
- Consider telecommuting, biking or walking to work if possible.


Transmission Zones



- The **eyes, nose, and mouth** are known as the **transmission zone**.
- Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.
- In one study of physicians' offices, healthcare workers touched their faces 10 times per hour!

Hand Hygiene

- 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.
- Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.



World Health Organization
A World Alliance for Safer Health Care









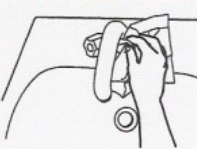
SAVE LIVES
Clean Your Hands

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How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

🕒 Duration of the entire procedure: 40-60 seconds

<p>0</p>  <p>Wet hands with water;</p>	<p>1</p>  <p>Apply enough soap to cover all hand surfaces;</p>	<p>2</p>  <p>Rub hands palm to palm;</p>
<p>3</p>  <p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>4</p>  <p>Palm to palm with fingers interlaced;</p>	<p>5</p>  <p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p>6</p>  <p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>7</p>  <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>8</p>  <p>Rinse hands with water;</p>
<p>9</p>  <p>Dry hands thoroughly with a single use towel;</p>	<p>10</p>  <p>Use towel to turn off faucet;</p>	<p>11</p>  <p>Your hands are now safe.</p>

Guidance for workplaces and businesses

Employers should take steps to make it more feasible for their employees to work in ways that minimize close contact with large numbers of people.

Employers should:

- Suspend nonessential employee travel.

- Minimize the number of employees working within arm's length of one another, including minimizing or canceling large in-person meetings and conferences.
 - Urge employees to stay home when they are sick and maximize flexibility in sick leave benefits.
 - Consider use of telecommuting options for appropriate employees.
 - Consider staggering start and end times to reduce large numbers of people coming together at the same time.
 - Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label.
-

Guidance for Persons Hosting Mass Gatherings and Large Community Events

At this time, postponing or canceling mass gatherings and large community events where large numbers of people are within arm's length of one another may be the safer option.

If you can't avoid bringing groups of people together:

- Urge anyone who is sick to not attend.
 - Encourage those who are at higher risk for serious illness to not attend.
 - Try to find ways to give people more physical space so that they aren't in close contact as much as possible.
 - Encourage attendees to follow increased hygiene, such as:
 - Washing their hands often with soap and water for at least 20 seconds
 - If soap and water are not available, alcohol-based hand sanitizer can be used in a pinch
 - Avoid close contact with other people
 - Avoid touching your eyes, nose, and mouth
 - Covering their cough or sneeze with a tissue - if available - or into their elbow
 - Clean surfaces with standard cleaners.
-

Steps to help prevent the spread of COVID-19 if you are sick

- If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.
- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Call ahead before visiting your doctor
- Wear a facemask to prevent spread of the virus
- Cover your coughs and sneezes
- Clean your hands often

- Avoid sharing personal household items
- Clean all “high-touch” surfaces everyday
- Monitor your symptoms

Wearing a NIOSH approved N95 Mask



- People with no respiratory symptoms, such as cough, do not need to wear a medical mask.
- WHO recommends the use of the NIOSH approved N95 masks for people who have symptoms of COVID-19 and for those caring for individuals who have symptoms, such as cough and fever.
- The use of masks is crucial for health workers and people who are taking care of someone (at home or in a health care facility).

How to put on, use, take off and dispose of a niosh approved N95 mask?

- Remember, a NIOSH approved N95 mask should only be used by health workers, care takers, and individuals with respiratory symptoms, such as fever and cough.
- Before touching the mask, clean hands with an alcohol-based hand rub or soap and water.
- Take the mask and inspect it for tears or holes.
- Orient which side is the top side (where the metal strip is).
- Ensure the proper side of the mask faces outwards (the colored side).
- Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
- Pull down the mask's bottom so it covers your mouth and your chin. Ensure that it is properly fitted.
- After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.
- Discard the mask in a closed bin immediately after use.

- Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

Stigma Related to COVID-19

- People—including those of Asian descent—who have not recently traveled to China or been in contact with a person who is a confirmed or suspected case of COVID-19 are not at greater risk of acquiring and spreading COVID-19 than other Americans.
- People who have returned from China more than 14 days ago and do not have symptoms are not infected with the virus and contact with them will not give you the virus.
- Communicators and public health officials can help counter stigma during the COVID-19 response.

Travel Advisory

CDC recommends travelers, particularly those with underlying health issues, defer all cruise ship travel worldwide.

Warning Level 3

CDC recommends that travelers avoid all nonessential travel to these destinations:

- China
- South Korea
- Italy
- Iran

Alert Level 2

These destinations are experiencing sustained community transmission of respiratory illness caused by the novel coronavirus (COVID-19). The virus can spread from person to person. Older adults and those with chronic medical conditions should consider postponing nonessential travel.

- Japan

Watch Level 1

CDC does not recommend canceling or postponing travel to the following destinations. Travelers should practice usual precautions.

- Hong Kong

Up-to-date Information

For the latest information, please visit the CDC website at [cdc.gov/covid19](https://www.cdc.gov/covid19)

If you live outside the United States, health and safety tips can be found through the World Health Organization at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

March 9, 2020



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