



## Coronavirus/COVID-19 Fact Sheet

<p><b>WHAT IS CORONAVIRUS?</b></p> <p>Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and Bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS, SARS and now with this new virus, SARS-CoV-2, which causes the 2019 novel coronavirus disease, abbreviated COVID-19.</p> <p>What are the symptoms of COVID-19?</p> <ul style="list-style-type: none"><li>• Fever</li><li>• Cough</li><li>• Shortness of breath</li></ul>	<p><b>WHAT CAN I DO TO PROTECT MYSELF?</b></p> <p>Every day preventative actions can help prevent the spread of respiratory diseases, including:</p> <hr/> <p>Avoid close contact with people who are sick</p> <p>Avoid touching your eyes, nose, and mouth</p> <p>Stay home when you are sick</p> <p>Cover your cough or sneeze with a tissue, then throw the tissue in the trash</p> <p>Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe</p>
<p><b>HOW DOES IT SPREAD?</b></p> <p>The virus is thought to spread mainly from person to person. CDC believes at this time that symptoms of COVID-19 may appear in as few as two days or as long as fourteen days after exposure. People are thought to be most contagious when they are most symptomatic (the sickest)</p> <p>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 own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads</p>	<p>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.</p> <p><b>What's the proper way to wash your hands?</b></p> <ol style="list-style-type: none"><li>1. Wet your hands with clean, running water ( warm or cold), turn off the tap, and apply soap</li><li>2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.</li><li>3. Scrub your hands for at least 20 seconds. Need a timer? Hum the chorus of the "Happy Birthday" song from beginning to end.</li><li>4. Rinse your hands well under clean, running water.</li><li>5. Dry your hands using a clean towel or air dry them.</li></ol>
<p><b>IS THERE A VACCINE?</b></p> <p>The best way to prevent illness is to avoid being exposed to this virus. There is currently no vaccine to prevent COVID-19. It's currently flu and respiratory disease season, and CDC recommends getting a flu vaccine, taking every day preventative actions to help stop the spread of germs, and taking flu antivirals if prescribed</p>	<p><b>Follow CDC's recommendations for using a facemask:</b></p> <p>CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.</p> <p>Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.</p>

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## **WHAT IF I'VE TRAVELED TO A COUNTRY OR AREA WHERE THERE IS A RISK OF INFECTION OR I'VE BEEN EXPOSED TO SOMEONE WITH COVID-19?**

If you develop COVID-19 symptoms, contact your healthcare provider. Tell them about your symptoms and your travel or exposure to a COVID-19 patient. Follow their instructions, and see tips below:

- 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
- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces daily
- Monitor your symptoms

## **ARE WE PREPARED TO HANDLE THE VIRUS SHOULD A CASE OCCUR?**

The Ohio Department of Health is closely monitoring the outbreak and is working together with local health departments to respond as necessary. Our affiliated healthcare facilities have plans in place that follow current CDC guidelines to address the care of patients should they present to our hospital and affiliate urgent care centers or outpatient clinics for care.

## **WHAT IS JEFFERSON COUNTY GENERAL HEALTH DISTRICT DOING TO PREPARE FOR CORONAVIRUS (COVID-19)?**

Jefferson County General Health District officials are in constant contact with a cascade of federal, state and local authorities to monitor the situation. We are updating our recommendations to reflect best practices as indicated by CDC. Our Local Health Department (LHD) has worked extensively with our hospital system, emergency management officials, universities, and school systems as well as other community partners to assure community readiness and response.

If you have questions regarding Coronavirus/COVID-19 please call 1-833-4 ASKODH (1-833-427-5634)

Or visit:

Ohio Department of Health (Information for schools, businesses, healthcare providers, etc.)  
<https://odh.ohio.gov/wps/portal/gov/odh/home>

Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization  
<https://www.who.int/>



### Public Health Contact Collection Sheet

**Instructions: Please PRINT when completing each data section below.**

**Use only one letter per line. Please allow a space between words.**

Organization/Agency Name: \_\_\_\_\_

Circle type of Organization/Agency Service:      Government/Elected Officials      Healthcare  
Service Industry/Hospitality      Law Enforcement      Retail/Manufacturing  
Other: \_\_\_\_\_

### Organization/Agency Location Data Section

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone number: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_ Fax number: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

### Organization/Agency Contact Data Section

Data collection date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Contact First Name: \_\_\_\_\_

Contact Last Name: \_\_\_\_\_

Contact Email: \_\_\_\_\_

Title: \_\_\_\_\_

After hours contact number: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

Yes, I would like to sign up for weekly briefing conference calls related to Covid-19 from Jefferson County General Health District. Please use the contact information above to add me to your conference call list.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_