

Coronavirus

For confirmed 2019-nCoV infections, reported illnesses have ranged from people being mildly sick to people being severely ill and dying. Symptoms can include: Fever, Cough, and Shortness of breath.

CDC believes at this time that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 after exposure.

Transmission: Coronaviruses including SARS-CoV are spread by close person to person contact most commonly during the winter months. The virus is most frequently spread by respiratory droplets produced when someone infected coughs or sneezes. The droplets containing the virus can be propelled generally up to three feet and can land onto the mouth, nose or eyes of people nearby. The infectious droplets can also land on objects and surfaces where someone can then pick them up and touch his/her mouth, nose or eye(s).

Prevention: There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. Hand sanitizers are available throughout the facility and can be used in conjunction with soap and water.
- 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. Includes:
 - Cleaning of all common areas, cleaning of cells, phones, bannisters, door handles, door edges, anything that is usually touched by others
 - Staff are responsible to ensure that follow-up cleaning is completed by all inmates in personal areas and that Unit Cleaners are thorough in their assigned duties
- Gloves are not intended to be worn at all times, once contaminated the gloves can spread a virus. Gloves are intended to be worn for each task and then removed, with hands being washed prior and following.

Symptoms: The symptoms of most coronaviruses are similar to those of a common cold, including sneezing, stuffy or runny nose, sore throat, coughing, watery eyes, mild headache and mild body aches. Most patients develop a high fever that is sometimes associated with chills, headache, body aches and a general feeling of discomfort. Some patients may develop a dry, non-productive cough which can lead to low oxygen levels in the blood. Some patients may develop pneumonia.

Treatment: There is no specific antiviral treatment recommended for 2019-nCoV infection. People infected with 2019-nCoV should receive supportive care to help relieve symptoms. People displaying a fever and or cough will be placed on droplet and contact precautions until further notice.

People who think they may have been exposed to 2019-nCoV should contact your healthcare provider immediately.