Suisun City COVID-19 Informational Handout

What is COVID-19?

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-CoV, SARS-CoV, and now with this new virus (named SARS- CoV-2).

The SARS-CoV-2 virus is a betacoronavirus, like MERS-CoV and SARS-CoV. All three of these viruses have their origins in bats. The sequences from U.S. patients are similar to the one that China initially posted, suggesting a likely single, recent emergence of this virus from an animal reservoir.

Person-to-person spread has been reported outside China, including in the United States and other locations. In addition, other destinations have apparent community spread, meaning some people have been infected who are not sure how or where they became infected. Most recently, a resident of Solano County has been infected with no travel outside the area and no direct link to China. The CDC is working to identify sources in Solano County.

What May Happen

The CDC suspects that more cases may be identified in the coming days and weeks, including more cases in the United States and possibly in Solano County. Person-to-person transmission of COVID-19 in the United States could translate into large numbers of people needing medical care at the same time. The CDC is closely monitoring this situation in Solano County and will advise on measures that are most appropriate to address the spread of the virus. Schools, childcare centers, workplaces, businesses, and other places for mass gatherings in Suisun City will all be informed of situation changes through multiple outlets, in order for those locations to make appropriate adjustments to business hours and operations.

The City of Suisun City is prepared to ensure public health and safety for all of it's citizens through internal services and regional partnerships. The recently adopted Emergency Operations Plan (EOP) by the city council ensures a continuity of government services to respond and protect all of Suisun City during this regional and national emergency. The Suisun City Fire Department has the appropriate medical training and protective gear to respond to any and all types of medical emergencies in Suisun City.

At this time, there is no vaccine to protect against COVID-19 and no medications approved to treat it. Nonpharmaceutical interventions would be the most important response strategy. Please take normal flu precautions to prevent the transmission of the virus from person-to-person. Suisun City will continue to keep the community informed with the most updated information as we receive it. For additional information and updates, please monitor the CDC and Solano County Office of Emergency Management websites.

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http://www.solanocounty.com/depts/ph/default.asp

https://www.cdc.gov/coronavirus/2019-ncov/index.html

https://www.caloes.ca.gov/home

How does COVID-19 Spread?

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 6 feet)
- Via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses 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 own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

When does spread happen?
- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads.

How efficiently does the virus spread?
- How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (like measles), while other viruses are less so. Another factor is whether the spread continues over multiple generations of people (if spread is sustained). The virus that causes COVID-19 seems to be spreading easily and sustainably in Hubei province and other parts of China. In the United States, spread from person-to-person has occurred only among a few close contacts and has not spread any further to date.

There is still more to be learned
- COVID-19 is an emerging disease and there is more to learn about its transmissibility, severity, and other features and what will happen in the United States. New information will further inform the risk assessment.

What can you do to prevent contracting COVID-19?

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness 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 diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask. CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- 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.

What do you do if you become ill from COVID-19

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.** You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas.
- **Separate yourself from other people and animals in your home**
- **People**: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Animals**: You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. See COVID-19 and Animals for more information.
- **Call ahead before visiting your doctor.** If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.
- **Wear a facemask.** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.
- **Cover your coughs and sneezes.** Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- **Clean your hands often.** Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- **Clean all "high-touch" surfaces everyday.** High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. **Monitor your symptoms.** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility.
- **If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.**

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID -1 9 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

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

COV ID-1 9 is spreading from person to person in China, and limited spread among close contacts has been detected **in** some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities **in** the United States . Right now, th e greatest risk of infection is for people in China or people who have traveled to China . Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COV ID-1 9. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COV ID-1 9 **in** the United States was reported on January 21, 2020. The current count of cases of COV ID-1 9 in the United States is available on CDC's webpage at htt ps://www.cdc.gov/ coronaviru s/ 2019-ncov/ cases -in-us.h tml.

How does COVID-19 spread?

The virus that causes COVID -19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COV ID-1 9 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at htt ps://www.cdc.gov/ coronavi rus/ 2019-ncov/about/ transmission.html.

What are the symptoms of COVID-19?

Patients with COVID -1 9 have had mild to severe respiratory illness with symptoms of
- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia **in** both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-1 9.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

Avoid close contact with people who are sick.
Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol -based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- 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.

What should I do if I recently traveled to China and got sick?

If you were **in** China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms . They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-1 9. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-1 9.

Is there a treatment?

There is no specific antiviral treatment for COV ID-1 9. People with COVID-1 9 can seek medical care to help relieve symptoms.

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