



# COVID-19

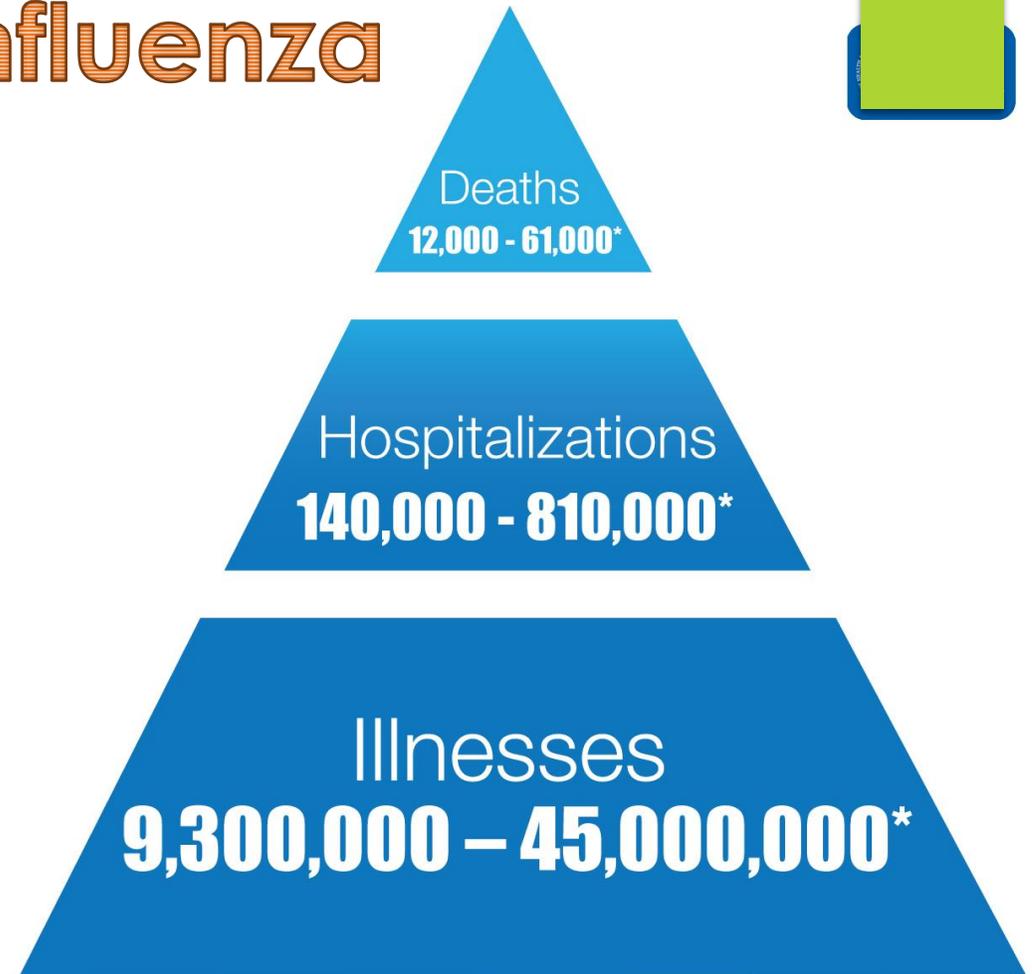
(novel coronavirus)

**WHAT YOU SHOULD  
KNOW**

# Putting your risk into perspective...

- ▶ The flu causes millions of cases of illness each year in the U.S.
- ▶ 2017-2018 estimated number of deaths from flu 12,000-61,000
- ▶ Flu severity is unpredictable
- ▶ Healthy people can become seriously ill from flu
- ▶ In general, flu causes low level of concern

## influenza



\*The top range of these burden estimates are from the 2017-2018 flu season. These are preliminary and may change as data are finalized.

# How do coronaviruses spread?

- ▶ Through the air by coughs and sneezes
- ▶ Touching an object or surface with the virus on it, then touching your eyes, nose, or mouth
- ▶ Close contact with those who are sick
- ▶ Health care workers need to wear protective gear to prevent exposure during medical care and testing procedures



# How can we prevent the spread?

- ▶ Cover coughs and sneezes with tissue or sleeve, not hands
- ▶ Wash hands often or use hand sanitizer when soap and water not available
- ▶ Stay home when sick
- ▶ Avoid others who are sick



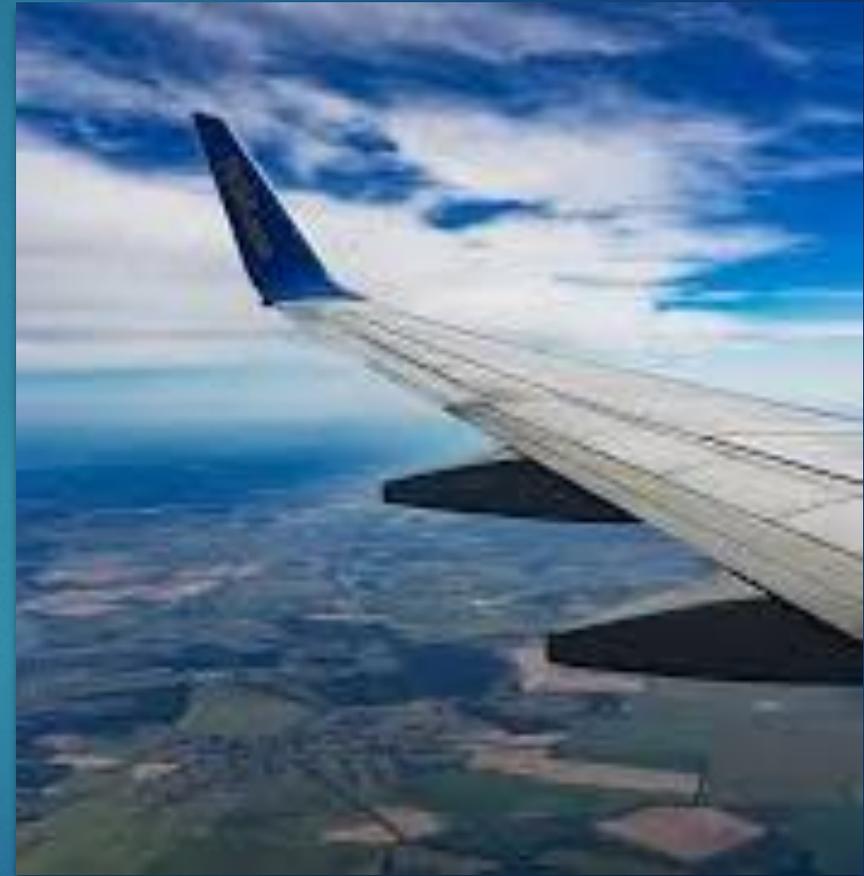
# Should I wear a mask?

- CDC does not recommend the routine use of face masks by the general public



# What if I am planning to travel to an affected area?

- ▶ CDC posted travel restrictions
- ▶ Avoid all non-essential travel to areas specified by CDC. Check frequently.
- ▶ If you must travel:
  - ▶ Avoid contact with sick people
  - ▶ Avoid animals(alive or dead), animal markets, uncooked meat
  - ▶ Wash hands often



# What if I recently traveled to an affected area and feel sick?

- ▶ Seek medical care right away.
- ▶ **CALL BEFORE** going to the doctor's office, urgent care, or hospital
- ▶ Avoid contact with others
- ▶ Stay home
- ▶ Cover coughs and sneezes
- ▶ Wash hands often or use hand sanitizer

# If I think I'm sick—what should I do?

- ▶ Practice good respiratory hygiene
- ▶ Wash hands frequently & correctly
- ▶ Use hand sanitizer that is 60% alcohol
- ▶ Do NOT touch your face
- ▶ Stay home if you are sick
- ▶ If you think you may have COVID-19, call your medical provider before you go

# Stay informed with factual information

- ▶ <https://www.cdc.gov/coronavirus/>
- ▶ <https://www.nj.gov/health/cd/topics/ncov.shtml>
- ▶ <https://www.westfieldnj.gov/coronavirus>

# COVID-19 Call Center

**1-800-222-1222**

- ▶ Public callers only
- ▶ Hours: 24/7
- ▶ Multiple languages

