



SENECA NATION HEALTH SYSTEM

Preventing illness can be hard, but staying educated on symptoms and preventative care can decrease the chances of it affecting your family. The Coronavirus (COVID-19) is causing many people to become ill with no specific antiviral treatment.

Should I use a facemask or N95 respirator in public to prevent illness from COVID-19?

No! CDC does not currently recommend the use of facemasks or N95 respirators among the public. Facemasks are for people that have become ill or for healthcare workers that are at high risk.

COVID-19 is spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also 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 viruses spread.

Symptoms vary in severity. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, and kidney failure. Given the sudden onset of the illness, many details remain unknown but suggested prevention methods are similar to the flu and RSV; recover with rest and drinking lots of fluid.

COVID 19
CORONAVIRUS DISEASE

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

- FEVER**
- COUGH**
- SHORTNESS OF BREATH**

*Symptoms may appear 2-14 days after exposure.

If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.

For more information: www.cdc.gov/COVID19

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19

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.

- **Call ahead before visiting your doctor**
- **Monitor your symptoms**
- **Avoid sharing personal household items**
- **Remain at home, isolate yourself**
- **Wear a facemask**

In order to prevent yourself from getting sick, follow these important steps.

- **Maintain social distances of at least 3 ft.**
- **Avoid kissing, hugging, and hand shaking**
- **Do not share food or drinks with others**

As of March 11, 2020, there have been 121,517 confirmed cases of COVID-19 worldwide. COVID-19 is currently affecting 120 countries and territories around the world. Almost 67,000 have recovered from the virus and 4,383 deaths have occurred; in the United States there are over 1,000 confirmed cases with 31 deaths.

Sources and additional information:

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

<https://www.cattco.org/health>

<https://www.worldometers.info/coronavirus/>

<https://www.who.int/health-topics/coronavirus>

<https://www.health.ny.gov/diseases/communicable/coronavirus/docs/faqs.pdf>