

## What you need to know...

**At this time**, the immediate health risk of COVID-19 to the general public is considered low. Some people that may be at higher risk of getting very sick from this illness includes:

- Older adults
- People who have serious chronic medical conditions such as heart or lung disease and diabetes

**“The best way to prevent infection is to avoid being exposed to the virus,”** said Leigh-Anne Stafford, health officer for Oakland County. “The simple everyday actions you take to help avoid the spread of flu and other illnesses will also help prevent the spread of Coronaviruses.” **Prevention tips include:**

- **Washing your hands often** with soap and warm water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Covering your nose and mouth** with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, then wash hands.
- **Avoiding touching** your eyes, nose, and mouth with unwashed hands.
- **Staying home when sick** except to get medical care.
- **Avoiding close contact**, sharing cups, or sharing eating utensils.
- **Cleaning and disinfecting frequently** touched surfaces, such as toys and doorknobs.
- **Practicing good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Being prepared with the following supplies:
  - ✓ Maintain a two-week supply of water and food at home
  - ✓ Routinely check your regular prescription drugs to ensure that you won't run out
  - ✓ Keep non-prescription drugs and other health supplies on hand
  - ✓ Get copies and maintain electronic versions of health records
  - ✓ Talk with family members about how they would be cared for if they got sick and what would be needed to care for them in your home

The CDC does not currently recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19.

**Symptoms:** Patients with COVID-19 have reportedly had mild to severe respiratory illness including:

- Fever
- Cough
- Shortness of breath

If anyone believes they have symptoms and have recently traveled to China, Iran, South Korea, Italy, Japan, Hong Kong, or other destinations with risk of community spread, or have been in contact with someone who has had the virus, they should promptly **call their healthcare provider or hospital prior to arriving** so that the appropriate preventive measures can be put in place.

**There is currently no vaccine to prevent COVID-19 infection.**

For more information about COVID-19, visit [www.oakgov.com/health](http://www.oakgov.com/health) or call Nurse on Call at 800-848- 5533, Monday through Friday, 8:30 a.m. – 5:00 p.m. For up-to-date public health information, follow @publichealthOC on Facebook and Twitter.