

COVID-19 Questions and Answers

3/14/2020

Disease Basics:

1. What is novel Coronavirus or COVID-19?

- a. A novel coronavirus means it is a new virus in the family of coronaviruses. The virus causing coronavirus disease 2019 (COVID-19) is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

2. What are the symptoms of COVID-19?

- a. Patients with COVID-19 have mild to severe symptoms of fever, cough, shortness of breath.

3. How soon do signs and symptoms develop after exposure?

- a. The time between exposure and symptoms is 2-14 days. To be safe, exposed people are asked to stay away from others for 14 days.

Testing and Prevention:

4. How does COVID-19 spread?

- a. It spreads through droplets produced when an infected person coughs or sneezes.

5. What should I do if I feel sick?

- a. If you are feeling sick, stay home until your fever is gone for 24 hours without fever reducing medication. Let your employer and household members know you are staying home.
- b. If your symptoms progress and require medical attention, contact your physician or the medical facility before going in for treatment.

6. How do I protect myself from contracting COVID-19?

- a. Avoid close contact with sick individuals
- b. Avoid touching your eyes, nose, or mouth with unwashed hands.
- c. Stay at home if you are sick, even if you have mild symptoms.
- d. Cover coughs and sneezes with a tissue.
- e. Clean frequently used and touched objects at home regularly (i.e. tables, countertops, light switches, cabinet handles, doorknobs)
 - i. If these surfaces are already dirty, clean them with detergent or soap first and then disinfect.
- f. Follow recommended social distancing measures like avoiding large crowds and close contact with others.

7. Should I wear a facemask to prevent contracting COVID-19?

- a. The CDC does not recommend that healthy people wear a mask to protect themselves from illnesses, including COVID-19. You should only wear a mask if a healthcare professional recommends it.

8. Does hand sanitizer protect me from COVID-19?

- a. Washing your hands frequently with soap and water for at least 20 seconds is best practice. However, if soap and water are not available, use hand sanitizer with at least 60% alcohol.
 - i. Using hand sanitizer is the next best thing if you do not have access to soap and water.

9. Is COVID-19 testing available at the Health Department?

- a. Testing for COVID-19 is NOT available at CCCHD.

10. If my symptoms worsen, should I go to the ER/doctor?

- a. If you feel your symptoms have worsened, call your doctor first to get their opinion on if you should receive further care. If you decide to call 911, let them know that you suspect you have COVID-19.
- b. Keep in mind it is still flu season and if you are experiencing flu-like symptoms, it does not necessarily mean you have COVID-19.

Travel:

11. I am planning to travel within the US. Should I postpone my travel?

- a. Cases of COVID-19 have been reported across the nation, and multiple states are reporting deaths associated with the virus. As the outbreak of COVID-19 continues, there remains a risk of infected travelers and crew. So Ohioans should weigh the risks for travel. Is your travel necessary?
- b. Check the CDC Traveler's Health Notices for recommendations on travel if you require your employees to travel for work.

Preparations at Work

12. I've been feeling sick for a few days, is it okay to go to work?

- a. NO! Stay home from work if you are feeling sick!
- b. Employers should encourage their employees to stay home if they are experiencing a fever (temperature above 100.4 degrees F) or fever-like symptoms and return once their fever has reduced without fever-reducing assistance for at least 24 hours.

13. What can employers do to keep their employees healthy?

- a. Ensure that sick leave policies are flexible and consistent with public health guidance and making their employees aware of these policies.
- b. Remain flexible if employees must stay home to care for a sick family member.
- c. Routinely clean all frequently touched surfaces in the workplace (i.e. workstations, countertops, doorknobs).
- d. Provide disposable wipes so that commonly used surfaces can be wiped down by employees before each use.