



WHAT IS CORONAVIRUS, COVID-19?

In early 2020, after a December 2019 outbreak in China, the World Health Organization (WHO) identified a new type of virus – 2019 novel coronavirus (2019-nCoV), which can be fatal. The organization named the virus severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) and named the disease it causes COVID-19. The outbreak quickly moved from China around the world.

WHAT ARE THE SYMPTOMS?

The symptoms of most coronaviruses are similar to any other upper respiratory infection, including runny nose, coughing, sore throat, sometimes a fever and possibly difficulty breathing. In most cases, you won't know whether you have a coronavirus or a different cold-causing virus, such as rhinovirus.

HOW DOES IT SPREAD?

Most coronaviruses spread the same way other cold-causing viruses do: through infected people coughing and sneezing, by touching an infected person's hands or face, or by touching things such as doorknobs that infected people have touched.

CORONAVIRUS PREVENTION:

- Wash your hands thoroughly with soap and warm water or with an alcohol-based hand sanitizer for at least 20 seconds.
- Keep your hands and fingers away from your eyes, nose, and mouth.
- Avoid close contact with people who are infected.
- Stay 6 feet away from others while out in public (e.g., at the grocery store).

WHAT IS SOCIAL DISTANCING?

Social distancing is a public health practice that aims to prevent sick people from coming in close contact with healthy people in order to reduce opportunities for disease transmission. It can include large-scale measures like canceling group events or closing public spaces, as well as individual decisions such as avoiding crowds.

TREATMENT OF CORONAVIRUS:

You treat a coronavirus infection the same way you treat a cold:

- Get plenty of rest.
- Drink fluids.
- Take over-the-counter medicine for a sore throat and fever. Don't give aspirin or ibuprofen to children or teens younger than 19; use acetaminophen instead.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at an increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

EVEN IF YOU ARE YOUNG AND OTHERWISE HEALTHY, you are at risk and your activities can increase the risk of passing the virus onto others. It is critical that you do your part to stop the spread of the coronavirus by following these guidelines:

- Work or engage in schooling from home whenever possible.
- If you work in a critical infrastructure industry, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.
- Avoid social gatherings in groups of more than 10 people.
- Avoid eating or drinking in bars, restaurants, and food courts – use drive-thru, pickup, or delivery options.
- Avoid discretionary travel, shopping trips, and social visits.
- Do not visit nursing homes or retirement or long-term care facilities unless to provide critical assistance.

TELEHEALTH: CENTRA 24/7

<https://pchp.net/index.php/group-coverage-members/commercial-247-telehealth.html>

CENTRA COVID-19 HOTLINE for Employers who have specific needs or questions. Please dial our main line at **434-200-6933** and follow the prompts. Individuals who have symptoms should dial **434-200-1225**.