



Coronavirus Disease (COVID-19)

1. What is a coronavirus?

Coronaviruses are a large family of viruses. Many of them infect animals, but some coronaviruses from animals can evolve (change) into a new human coronavirus that can spread from person-to-person. This is what happened with the new coronavirus known as SARS-CoV-2, which causes the disease known as COVID-19. Diseases from coronaviruses in people typically cause mild to moderate illness, like the common cold. Some, like the SARS or MERS viruses cause serious infections like pneumonia.



2. How are coronaviruses spread?

Like other respiratory illnesses, such as influenza, human coronaviruses most commonly spread to others from an infected person who has symptoms through:

- Droplets produced through coughing and sneezing
- Close personal contact, such as caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

Can someone spread the virus without being sick?

- People are thought to be most contagious when they are most symptomatic (the sickest)
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads

3. What are the symptoms of COVID-19?

Reported illnesses have ranged from people with mild symptoms to people becoming severely ill, requiring admission to the hospital, and dying.

The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Difficulty breathing
- Severe illness

Key Points

- Coronaviruses can spread through close personal contact or by touching an object or surface with the virus on it.
- Steps to prevent other respiratory infections will help to prevent Novel Coronavirus.
- Public Health is working hard to prevent the spread of novel coronavirus in our County.
- Call 211 if you have additional questions

For more information:

El Dorado County Department of Public Health

Call 2-1-1

<https://www.edcgov.us/Government/PublicHealth>

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/>

World Health Organization

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

Coronavirus Disease (COVID-19)

4. What should I do if I have these symptoms and recently traveled to an affected country?

Evidence from other countries suggest that like the flu, most people will have mild symptoms and should stay home until 24 hours after fever. Certain people should call their doctor early, including the elderly, pregnant women, those with compromised immune systems or underlying medical problems. If you are having difficulty breathing or keeping fluids down, go to an emergency room or call 911, otherwise it is better to call your doctor before going in to seek care.

You should also call a doctor if you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing. Visit the Center for Disease Control (CDC) website for an up to date list of countries most affected by COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

5. Can I get tested for the coronavirus?

Testing is not helpful if you do not have symptoms. However, most people will get better with rest so there is no need to see a doctor if you have mild symptoms. If you develop difficulty breathing fever and a cough, see a doctor or call 911. Certain patients such as the elderly, those that are immune compromised or have underlying medical conditions should call their doctor earlier. If you have mild symptoms, there may be no need to go to a medical facility to see a doctor. If you have questions, please call the clinic or your doctor before going in.

6. How is novel coronavirus treated?

There is no specific treatment for illness caused by the novel coronavirus. However, many of the symptoms can be treated. Treatment is based on the patient's condition.

There is currently no vaccine to prevent novel coronavirus. Be aware of scam products for sale that make false claims to prevent or treat this new infection.

7. Is the Coronavirus spreading in the United States?

There is community spread in the United States and that spread will likely continue. Visit the CDC website for the latest statistics: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>

8. How can I protect myself when I travel?

CDC does not generally issue advisories or restrictions for travel within the United States. However, cases of coronavirus disease (COVID-19) have been reported in many states, and some areas are experiencing community spread of the disease. Crowded travel settings, like airports, may increase chances of getting COVID-19, if there are other travelers with coronavirus infection. Visit the CDC website for more information:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>

Coronavirus Disease (COVID-19)

9. What actions are being taken by the Federal Government regarding travelers from mainland China and Iran?

Because of the COVID-19 outbreak in mainland China and Iran, there are White House travel directives in place:

- Foreign nationals who have visited China or Iran in the past 14 days may not enter the United States.
- American citizens, lawful permanent residents, and their families who have been in China or Iran in the past 14 days will be allowed to enter the United States, but will be redirected to one of 11 airports to undergo health screening. Depending on their health and travel history, they will have some level of restrictions on their movements for 14 days from the time they left China or Iran.
- Requiring all US citizens and their close family members returning from mainland China to enter through one of eleven airports in the US (including LAX), where they will be screened by US Customs and Border Protection agents.
 - Your travel will be redirected to one of 11 U.S. airports where CDC has quarantine stations.
 - You will be asked about your health and travel.
 - Your health will be screened for fever, cough, or trouble breathing.
- Depending on your health and travel history:
 - You will have some restrictions on your movement for a period of 14 days from the time you left China or Iran.

10. What actions are being taken by the Federal Government regarding travelers from other affected countries?

Depending on your travel history, you will be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice).

11. What can I do to protect myself and others from respiratory infections like 2019- nCoV?

As with other respiratory illnesses, there are steps that everyone can take daily to reduce the risk of getting sick or infecting others with circulating viruses.

You should:

- **Stay home when you are sick.**
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Coronavirus Disease (COVID-19)

- Limit close contact, like kissing and sharing cups or utensils, with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Get a flu shot to prevent influenza if you have not done so this season.

12. Should I wear a facemask?

It is not recommended that people who are well wear a mask to protect themselves from COVID-19 unless a healthcare professional advises it. A facemask should be used by people with COVID-19 who have symptoms to protect others from getting infected. Health workers and other people who are taking care of someone infected with COVID-19 in a close setting should wear a mask.

13. What can I do if I get stressed about COVID-19?

When you hear, read, or watch news about an outbreak of an infectious disease, it is normal to feel anxious and show signs of stress—even when the outbreak affects people far from where you live and you are at low risk of getting sick. It is important to care for your own physical and mental health. For tips on what you can do to help cope, read "Coping with Stress During Infectious Disease Outbreaks" on the Public Health website:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

14. What is the El Dorado Hills Fire Department doing to prepare?

- The El Dorado Hills Fire Department is prepared and ready to respond to any type of emergency
- Our staff has been training on COVID-19 and we are ready to help you if needed
- We have implemented the Social Distancing practices throughout the Department
- We have cancelled the majority of public meetings and large gatherings at the Fire Stations
- We are restricting the public entering most of our fire stations unless you have an emergency or legitimate business need
- We will always be there for you if you need help of any kind
- Visit: www.edhfire.com

15. Please visit El Dorado County Public Health Department's Website for more information.

<https://www.edcgov.us/Government/hhsa/Pages/EDCCOVID-19.aspx>