

GENERAL INFORMATION ABOUT CORONAVIRUS

Coronaviruses are a family of viruses and there are different types of coronavirus within that family, much like there are different types of influenza viruses. Coronaviruses in general are not new, are quite common and are a frequent cause of respiratory illnesses such as the common cold. Coronaviruses tend to circulate in the fall and winter months, similar to influenza. Most people get infected with these viruses at some point in their lives.

The type of coronavirus that has recently emerged in Wuhan, China is a new type of coronavirus and is infecting people for the first time (which means that people do not have any immunity to it).

SYMPTOMS

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. Symptoms may appear 2-14 days after exposure*:

- Fever
- Cough
- Shortness of breath

PREVENTION

The Centers for Disease Control and Prevention recommends the following best practices:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask:
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

- 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.

RETAIL FOOD ESTABLISHMENTS & OTHER BUSINESSES

The CDC recommends that businesses actively encourage sick employees to stay home and emphasize respiratory etiquette and hand hygiene by all employees. Businesses should perform routine environmental cleaning, including cleaning workstations, countertops and doorknobs, and to provide disposable wipes so that employees can wipe down commonly used surfaces. Employees who have plans to travel should visit the CDC's Traveler's Health Notices for the latest guidance and recommendations at <https://wwwnc.cdc.gov/travel>. For more information, including recommendations for an infectious disease outbreak response plan to address work-related exposure and health risks, businesses should visit <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>.

PREGNANT WOMEN & INFANTS

The CDC has more information for pregnant women and children. You can access these Frequently Asked Questions and Answers by visiting <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women.html>.

FOREIGN TRAVEL

As of March 3, 2020, the CDC recommends that travelers avoid all nonessential travel to China, Iran, South Korea and Italy. The CDC also recommends that older adults or those who have chronic medical conditions consider delaying travel to Japan. To learn more, visit <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

SCHOOLS

The CDC has guidance for schools at <https://www.cdc.gov/coronavirus/2019-ncov/specific->

[groups/guidance-for-schools.html](https://www.nj.gov/health/cd/topics/schoolhealth.shtml). Teachers, parents and students are encouraged to engage in appropriate hygiene etiquette, including covering your mouth and nose with a tissue when you cough or sneeze and disposing it in a waste basket, washing your hands after coughing or sneezing, and washing with soap and water for at least 20 seconds. The New Jersey Department of Health has additional information related to COVID-19 and other communicable diseases at <https://www.nj.gov/health/cd/topics/schoolhealth.shtml>. Teachers and school administrators are encouraged to post flyers to encourage children to wash their hands and follow appropriate hygiene etiquette.

FOR MORE INFORMATION

To learn more about coronavirus, visit the Passaic County Department of Health's website at http://www.passaiccountynj.org/government/departments/health/current_health_alerts.php and <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>. You can direct questions or comments to Board Secretary Nebojsa "Vic" Zlatanovic at vzlatanovic@haledonboronj.com.