

# CANAJOHARIE

**CENTRAL SCHOOLS**  
CANAJOHARIE, NEW YORK 13317

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## CORONAVIRUS (COVID-19) - WHAT YOU NEED TO KNOW - 3/10/20

### What is it?

Coronaviruses are a group of viruses that cause disease in both animals and humans. They get their name for the distinctive crown-like spikes on the virus surface. While the virus typically causes mild cases of the common cold, it can bring on respiratory infections like pneumonia. The current coronavirus disease, officially known as COVID-19 (COVID-19 is the name of the disease, and SARS -CoV-2 is the name of the virus that causes it), was first reported in late December 2019 in Wuhan, China.

### What are the symptoms and how long does it last?

Symptoms for COVID-19, which may appear 2-14 days after exposure, include fever, cough and shortness of breath, and in severe cases, pneumonia (fluid in the lungs). It lasts between 2 to 3 weeks for those infected.

### How does it spread?

Coronaviruses are respiratory viruses and are generally spread between people in close contact with one another (within 6 feet) and through respiratory secretions (droplets from coughs and sneezes) of an infected person to another person.

It may also be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Coronavirus is thought to be most contagious when they are most symptomatic and sick.

### How to prevent the spread:

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid exposure to the virus. **The Center for Disease Control and Prevention** (CDC) recommends the following to prevent the spread of any respiratory disease, including the COVID-19.

- 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.
- 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.

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- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
- The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. But those who are sick or have symptoms should wear facemasks to help prevent the spread of the disease to others.

### **Is there a treatment?**

There is no specific treatment for this novel coronavirus. Antibiotics used to treat bacterial infections are not effective in treating viral infections like COVID-19. Antiviral medications are being used, but their efficacy is not known at this time.

### **What to do if you are sick/have symptoms:**

Call a healthcare professional if you develop a fever and symptoms of respiratory illness, such as a cough or difficulty breathing, and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread. Tell your doctor about your recent travel or contact. Your healthcare professional will work with your state's public health department and CDC to determine if you need to be tested for coronavirus. Other steps to take:

- Stay home except to get medical care
- Separate yourself from other people and animals in your home
- Call ahead before visiting your doctor
- Cover your coughs and sneezes
- Clean your hands often
- Avoid sharing personal household items
- Clean all "high-touch" surfaces everyday
- Monitor symptoms and seek medical attention if your illness is worsening.
- Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low; a decision that should be made in consultation with healthcare providers and state and local health departments.

### **Stay informed about the coronavirus:**

Visit the [New York State Department of Health](https://www.health.ny.gov/) for the latest local information on COVID-19. For information on the coronavirus in the U.S. check out the [Centers for Disease Control and Prevention website](https://www.cdc.gov/).

Sources: <https://www.cdc.gov/>, <https://health.usnews.com/>, <https://www.yalemedicine.org>

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