PUBLIC HEALTH INSTITUTES

CDC - Centers for Disease Control and Prevention
- Coronavirus Situation Summary – continuously being updated
  - Information includes background of the virus, current situation in the United States, Risk Assessment and CDC’s response to virus

WHO – World Health Organization
- Coronavirus Guidance – continuously being updated
  - Includes information about protection, research, travel advice and more

SYMPTOMS ASSOCIATED WITH THE VIRUS

The following symptoms may appear 2-14 days after exposure:
- Fever
- Cough
- Shortness of breath

CDC offers information regarding subsets of populations, including pregnant woman, travelers, healthcare professionals, businesses, health departments and laboratories.

It’s recommended for individuals to contact their doctor if they develop symptoms and have been in close contact with a person known to have the virus OR have recently traveled from an area with widespread or ongoing community spread.

MEDICAL SUPPORT RESOURCES

Doctors on Demand
24/7 online video support with a doctor for those showing symptoms of the virus or seeking an expert opinion.
- Coronavirus information

MD Live
Board-certified doctors can provide an assessment and determine necessary next steps
- Coronavirus information
Insurance carrier specific – Virtual/tele-health programs

- Provide 24/7 support for those seeking to speak with a doctor. Chat via video on phones or tablets and prescriptions may also be available.

- **Humana Virtual Visits**
- **United Healthcare Virtual Visits**
- **Anthem LiveHealth Online**
- **Cigna Telehealth Connection**
- **Aetna Telehealth**

## PREVENTION ACTIONS

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday **preventive** actions to help prevent the spread of respiratory diseases, including:

- 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.

Please note that currently, it is not recommended that people who are well wear a facemask. **Facemasks** should only be used by people who show symptoms of the virus or who are taking care of a person with suspected infection, to help prevent the spread of the disease to others.

- For those who seek to still wear a mask, a N95 respirator mask can be effective in preventing viral illnesses, when the mask is worn correctly. More information can be found at the following links:
  - CDC – [N95 respirator manufacturers](#)
  - FDA – [N95 respirator and surgical masks](#)

## TRAVEL

CDC recommends that **travelers** avoid all nonessential travel to the following destinations. Entry of foreign nationals from these destinations has been suspended.
• China (Level 3 Travel Health Notice)
• Iran (Level 3 Travel Health Notice)
Effective February 2, at 5pm, the U.S. government suspended entry of foreign nationals who have been in China within the past 14 days.
• U.S. citizens, residents, and their immediate family members who have been in Hubei province and other parts of mainland China are allowed to enter the United States, but they are subject to health monitoring and possible quarantine for up to 14 days.
On February 29, the U.S. government announced it was suspending entry of foreign nationals who have been in Iran within the past 14 days.

GUIDANCE FOR BUSINESSES AND EMPLOYERS

The following interim guidance may help prevent workplace exposures to acute respiratory illnesses, including nCoV, in non-healthcare settings. To prevent stigma and discrimination in the workplace, use only the guidance described below to determine risk of nCoV infection. Do not make determinations of risk based on race or country of origin, and be sure to maintain confidentiality of people with confirmed coronavirus infection.
• Actively encourage sick employees to stay home
• Separate sick employees
• Emphasize staying home when sick, respiratory etiquette and hand hygiene by all employees
• Perform routine environmental cleaning
• Advise employees before traveling to take certain steps

GUIDANCE FOR SCHOOLS AND CHILDCARE

This interim guidance is intended to help administrators of public and private childcare programs and K-12 schools prevent the spread of COVID-19 among students and staff. Childcare and K-12 school administrators nationwide can take steps to help stop or slow the spread of respiratory infectious diseases, including COVID-19, please see above link for a list of steps.
In addition, Childcare and K-12 administrators can also support their school community by sharing resources with students (if resources are age-appropriate), their families, and staff. Consider sharing the following fact sheets and information sources:
• Information about COVID-19 available through state and local health departments
• General CDC fact sheets to help staff and students’ families understand COVID-19 and the steps they can take to protect themselves:
  o What you need to know about coronavirus disease 2019 (COVID-19)
  o What to do if you are sick with coronavirus disease 2019 (COVID-19)
  o Stop the spread of germs – help prevent the spread of respiratory viruses like COVID-19
• CDC Information on COVID-19 and children
COMMUNICATION RESOURCES

CDC Communication Resources:
- Dr. Jay Butler, CDC Deputy Director for Infectious Diseases – Video call (March 4) to provide a situational update for CDC partners, including members of the private sector, public health organizations, universities and businesses.
- Digital Media Resources – CDC produces online videos, audio clips, podcasts and public service announcements
- CDC YouTube Channel – videos related to news and announcements regarding coronavirus
- Medscape - CDC partners with Medscape for a video commentary series to provide updated information to/for medical professionals

EDUCATIONAL MATERIALS

World Health FAQ forum – Q and A on coronavirus
CDC Article/Promotional Materials - Educational Materials
CDC Article/Promotional Materials - Coughing and Sneezing Etiquette
PDF – What you need to know about coronavirus
PDF – What to do if you are sick with coronavirus
PDF – Handwashing: A Family Activity

Coronavirus and Children:
KidsHealth - How to Talk to Your Child
CDC - Talking With Children about Coronavirus
PBS - How to Talk to Your Kids About Coronavirus (article and links to many educational videos and games)
National Association of School Psychologists - A Parent Resource
Childmine - Talking to Kids about the Coronavirus

Emotional Health of Children:
CDC - Helping Children Cope with Emergencies
NBC News - How to Ease their Fears
Psychology Today - Easy Ways to Teach Kids About Emotions
Very Well Family - How to Teach Kids about their Feelings

School closures:
Business Insider - Parents Cope with School Closures