



Here is some information we have gathered from The Center for Disease Control and Prevention (CDC), Frontline Employee, and the Texas Department of State Health Services.

Coronavirus Disease 2019 (COVID-19) WHAT YOU NEED TO KNOW

FACTS ABOUT CORONAVIRUS FROM CDC.gov

Coronavirus Disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus was first detected in Wuhan, China and likely emerged from an animal source. Anyone who feels sick and has traveled internationally within the last 14 days, or has been in close contact with a person who is known to have the COVID-19, is encouraged to seek medical attention. Calling ahead before you go to the doctor's office or emergency room is preferred in order to inform staff of current symptoms.

SYMPTOMS

Symptoms of the virus may appear 2-14 days after exposure and include fever, cough, and shortness of breath.

PREVENTION

There is no vaccine to prevent the COVID-19 virus, however, you can help prevent the spread of the virus with these simple actions:

- Stay home when you are sick
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Wash your hands often with soap and water for at least 20 seconds
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available
- Clean and disinfect objects and surfaces using cleaning wipes or household sprays
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Avoid close contact with people who are sick
- Follow CDC's recommendation for using a facemask

For more information and updates regarding COVID-19 please visit The Center for Disease Control and Prevention (CDC):

Coronavirus Disease 2019 (COVID-2019)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Frequently Asked Questions and Answers

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

How COVID-19 is spread

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>

Check out this Web resource if you have not seen it yet:

www.worldometers.info/coronavirus

You will find daily updates on statistics related to the coronavirus before they reach the news.

Do some analysis of your own and discover a lot of positive information the media may not reporting.

For example, worldwide the death rate for this COVID 19 was 9.3% three weeks ago. It is now 6% for all infection/closed cases.

These figures include deaths in China, Iran, and every location where health care delivery could be considered compromised.

80% of cases are reported as mild.

The death rate for those without any compromising medical conditions is less than 1%!

See what else you can discover worth reporting or helping employees and family members feel less panicky.

Some employees experience unnecessarily fear and anxiety from news sources discussing the coronavirus, and this anxiety can and does affect productivity, relationships, and attendance.