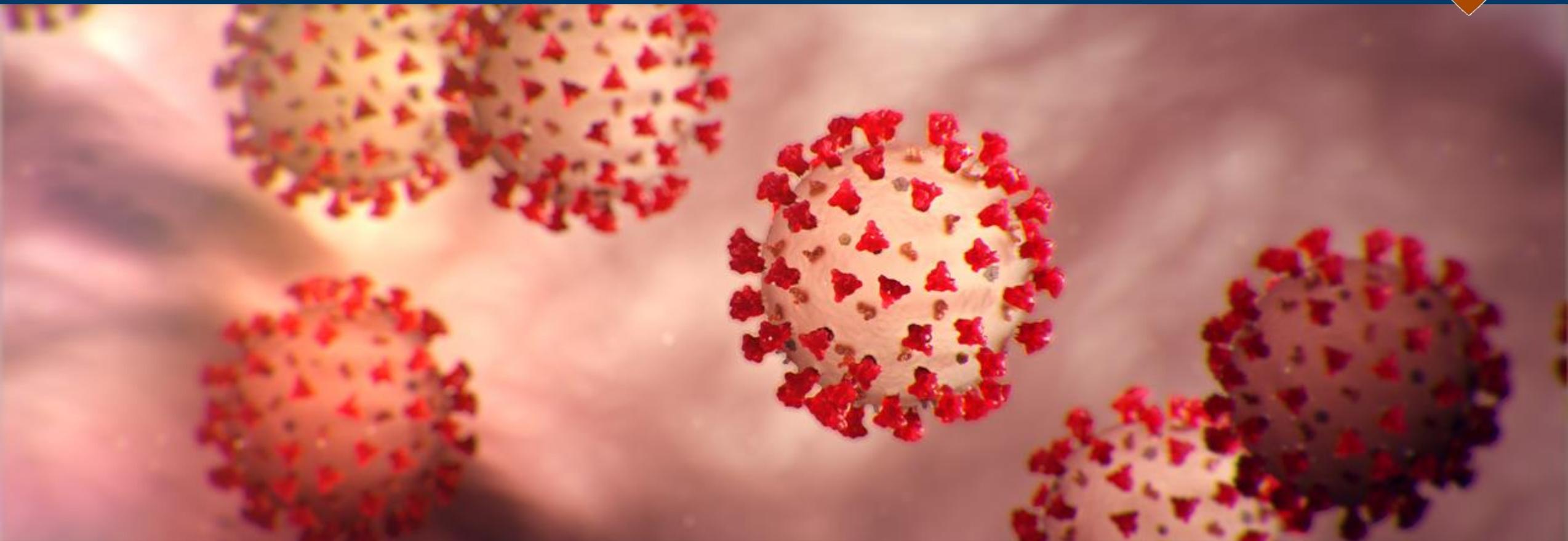


NOVEL CORONAVIRUS (COVID-19) UPDATE

March 10, 2020



OVERVIEW OF COVID-19 IN RIV CO



- Riv. Co. Activated **Medical Health Department Operations Center** on March 4, 2020
- Declared **Local Health Emergency** on March 8, 2020.
- **6 Confirmed Cases** in Riverside County, 4 of them in Coachella Valley
 - 5 Travel Associated (2 are up north from cruise ship)
 - 1 Locally Acquired, Community Spread Unknown
- Lead Agency is Riverside University Health System Public Health Department.
- Testing now available in Riv. Co. Residents with symptoms should see primary care physician.

Coronavirus Watch

Confirmed cases: 6 (Updated 3-9-20)

Travel Associated: 5 (Updated 3-9-20)

Locally Acquired: 1 (Updated 3-9-20)

www.rivcoph.org/coronavirus

EVERYTHING YOU NEED TO KNOW



www.rivcoph.org/coronavirus

Social Media:

- **Twitter:** Dr. Cameron Kaiser @RivCoDoc

- **Facebook:**

@countyriversidedepartmentofhealth

Call 2-1-1 or (800) 232-4636

Toolkits

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PUBLIC TOOLKIT: FACT SHEETS

Novel Coronavirus



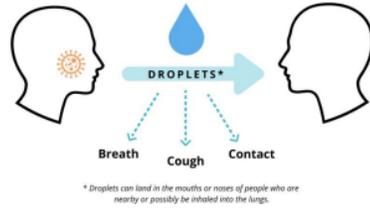
What is novel coronavirus?

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person in China and other countries, including the United States. In some instances, cases outside of China have been associated with travelers from China. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

How does novel coronavirus spread?

Health experts are still learning the details. Currently, it is thought to spread:

- via respiratory droplets produced when an infected person coughs or sneezes.
- between people who are in close contact with one another (within about 6 feet).



* Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

How severe is novel coronavirus?

Most coronavirus illnesses are mild with fever and cough. The vast majority of people with novel coronavirus infection do not require hospital care. A much smaller percentage of people get severely ill with respiratory problems like pneumonia. Elderly people and people with underlying medical conditions are at highest risk.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

Fever



Cough



Difficulty breathing



When do I seek medical evaluation and advice?

If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first. **Do not go to the emergency room.** Emergency rooms need to be able to serve those with the most critical needs.

If you have difficulty breathing, it doesn't mean you have novel coronavirus, but you should call 911.

If you're over 60 and you have underlying conditions like diabetes, heart disease, and lung disease, come up with a plan with your doctor to identify your health risks for coronavirus and how to manage symptoms. Contact your doctor right away if you do have symptoms.

How can I protect myself from novel coronavirus?

It is important that everyone take steps to reduce the spread of novel coronavirus, especially to protect those who are more vulnerable. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- wash hands often with soap and water. If not available, use hand sanitizer.
- avoid touching your eyes, nose, or mouth with unwashed hands.
- avoid contact with people who are sick.
- stay home while you are sick and avoid close contact with others.
- cover your mouth/nose with a tissue or sleeve when coughing or sneezing.



If you are traveling overseas, follow the CDC's guidance: wwwnc.cdc.gov/travel.

Currently, there are no vaccines available to prevent novel coronavirus infections.

How is novel coronavirus treated?

There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

For more information: <https://www.rivcoph.org/coronavirus>

Updated 3/4/2020
Adapted from King County Public Health



www.rivcoph.org/coronavirus

PUBLIC TOOLKIT: FREQUENTLY ASKED QUESTIONS

Frequently Asked Questions (FAQs)

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

We are learning more each day about how easily the new coronavirus spreads and how long it takes for people to become sick. As information becomes available, we will keep you informed.

Do not assume that someone of a race or nationality is likely to have COVID-19; this new virus has infected people of many different races and nationalities across the entire world.

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.

Symptoms include:

- 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 LA County.
- Call 211 if you have additional questions

For more information:

Riverside University Health System – Public Health

Call 2-1-1

<https://www.rivcoph.org/coronavirus>

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>

World Health Organization

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

Frequently Asked Questions (FAQs)

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 have had close contact with a person who has COVID-19. 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 or cannot keep fluids down, 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 have been several cases identified in the United States that have not had travel to affected country. This does suggest there is community spread in the United States and that spread may continue.

8. How can I protect myself when I travel?

At this time, the Centers for Disease Control and Prevention (CDC) recommends that people avoid all nonessential travel to countries that are most affected by COVID-19. Check the CDC COVID-19 Information for Travel webpage <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html> for up-to-date recommendations. Taking steps to prevent the spread of respiratory infections, like the flu, will also help to prevent coronaviruses. Talk with your doctor before travel to make sure you have received the recommended vaccines and medications specific to your destination to protect your health.

Frequently Asked Questions (FAQs)

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:

- Restricting all foreign nationals who have traveled or been in mainland China and Iran in the past 14 days from entering the US. This order can be renewed by the President every 14 days.
- 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.
 - If travelers are showing signs of respiratory illness, they will be sent for additional testing to a health care facility.
 - If travelers were in the Hubei Province at any time in the past 14 days, they will be quarantined at a secure location and monitored for illness for 14 days from their last exposure.
 - If travelers are returning from other places in mainland China and have been in close contact with a confirmed case of novel coronavirus, they may also be subject to quarantine for 14 days from last exposure.
 - If travelers are returning from all other parts of mainland China and they have not been in close contact with a confirmed case of novel coronavirus, they will be allowed to travel to their final destination where they will be monitored by their local public health department and asked to remain in their homes and avoid public places for 14 days from last exposure.

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

The CDC is recommending that any traveler from other countries with outbreaks of COVID-19 who may have fever, cough, or difficulty breathing, within 14 days after leaving should call their doctor and self-isolate (Avoid contact with others and not travel on public transportation while sick.)

11. How will Public Health monitor travelers who are self-isolated?

With the new travel guidance, Public Health will regularly monitor potential cases to see if they develop any symptoms or fever. This is the same process we use with other communicable diseases, such as measles. Public Health will also monitor contacts for 14 days after the time of their last exposure, after which time they are free of the risk of developing COVID-19.

CITY PLANNING ACTIVITIES



- City is following an All Hazards Plan, serves in a supportive role in a Public Health Emergency.
- Regular, ongoing communication with Riverside County Public Health.
- Disseminating information in a timely manner, as needed.
- Instituting internal protocols to limit unneeded public exposure.
- Developing Business Continuity Plans.
- Stocking up on disinfectant cleaning supplies and materials
- Increased sanitation at City facilities including parks and community centers.
- Remaining diligent and monitoring attendees at facilities, will close facilities and cancel events if deemed necessary.