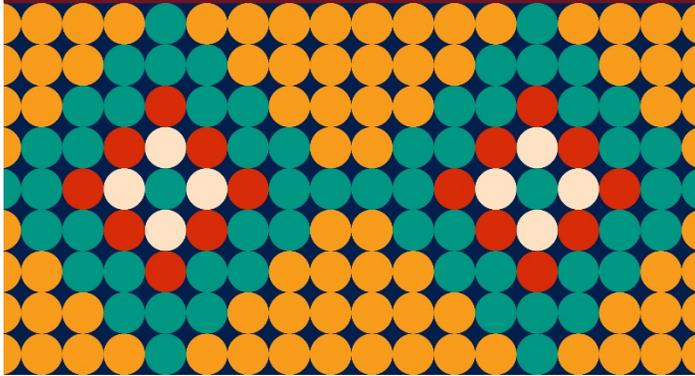


COVID-19 (2019 Novel Coronavirus)

Information for High-Risk Individuals



What is COVID-19? (Novel Coronavirus)?

COVID-19 (Novel Coronavirus Disease 2019) is a viral respiratory illness caused by a coronavirus that has not been found in people before. It can lead to lower respiratory illnesses like pneumonia and bronchitis.

How is COVID-19 spread?

- Close contact with an infected person (within 6 feet)
- Through respiratory droplets produced when an infected person coughs or sneezes
- Contact with infected surfaces or objects then touching your mouth, nose, or eyes¹

What are the symptoms?

- Fever
- Cough
- Shortness of breath

Symptoms may appear 2-14 days after exposure.

Currently, there is no vaccine to prevent COVID-19.

Am I at higher risk of contracting COVID-19?

People who fall under one of the categories below have a higher risk of getting sick from COVID-19.

- Older adults and elders (people 60 years of age and older)
- People who have been diagnosed with chronic medical conditions like:
 - Heart Disease including hypertension² and coronary heart disease
 - Lung Disease like asthma, emphysema, and COPD
 - Cancer patients like people with Hematologic [blood] Malignancies, people in active chemotherapy, and bone marrow transplant patients³
 - Diabetes
 - HIV/AIDS
 - Other immunocompromising conditions

I fall into a high-risk category. How do I prevent COVID-19 infection?

- **Avoid close contact** with people who are sick.
- **Wash your hands often** with soap and water for at **least 20 seconds**—if soap and water are not available, use a hand sanitizer that contains **at least 60% alcohol**.
- **Avoid sharing household items** like dishes, drinking glasses, towels, or bedding.
- Whenever possible, **avoid touching high-touch surfaces** – i.e. door handles, handrails, countertops.
- Avoid shaking hands.
- Wash your hands after being in public places.
- **Avoid touching your face** (nose, eyes, mouth in particular).
- **Regularly disinfect your home**, paying close attention to high-touch surfaces – i.e. doorknobs, light switches, desks, cell phones, and countertops.
- Use **Environmental Protection Agency (EPA) approved** household disinfectants. Some examples include:
 - Clorox Multi Surface Cleaner + Bleach
 - PURELL Professional Surface Disinfectant Wipes
 - Lysol Disinfectant Spray
 - Lysol Clean & Fresh Multi-Surface Cleaner
 - **For a comprehensive Environmental Protection Agency (EPA) list, visit <https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf>**
- **Avoid large crowds (10+ people)**, especially in poorly ventilated spaces.
- If COVID-19 is spreading in your community, **stay home as much as possible**.
- Avoid all non-essential travel.

I fall into a high-risk category. How do I prepare for a COVID-19 outbreak?

- Prepare yourself, your household and your community for an outbreak.
 - Have the **necessary supplies** on hand.
 - **Contact your healthcare provider (psychiatrist, pharmacist, physician) to ask about obtaining extra necessary medications and other health guidance.** Having extra medication can help you avoid spending time away from home during an outbreak in your community.
 - **Consider mail-ordering your medications.**
 - **Have over-the-counter medicines and supplies to treat fever** and other symptoms of COVID-19.
 - Aspirin (acetylsalicylic acid), Tylenol (acetaminophen), Aleve (naproxen) etc.
 - **Have enough household items and groceries** on hand to stay at home for a prolonged period-of-time or have a plan with your family and community to ensure you will get the supplies you need without having to leave your home.
 - **Make a plan you can follow if there is an outbreak in your community.**
 - Consider **who needs to be included in your plan.**
 - **Identify aid organizations in your community to contact in case you need support or resources.**
 - **Create an emergency contact list.**
 - Consider including family, friends, neighbors, carpool drivers, health care providers (physician, nurse, doctor), teachers, employers, etc.
 - **If you live alone, stay in touch with others by phone, text, or email.**

References:

- 1 How COVID-19 Spreads. (2020, February 28). Retrieved March 3, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>
- 2 Zhou F, Yu T, Du R, et al. Clinical course and risk factors for mortality of adult inpatients with COVID-19 in Wuhan, China: a retrospective cohort study. *The Lancet*. March 2020. doi:10.1016/s0140-6736(20)30566-3
- 3 Coronavirus: what cancer patients need to know. Fred Hutch. <https://www.fredhutch.org/en/news/center-news/2020/03/coronavirus-what-cancer-patients-need-to-know.html>. Published March 6, 2020. Accessed March 16, 2020.

I fall into a high-risk category and I am starting to experience symptoms. What do I do?

- **Monitor your symptoms.**
 - Write down any symptoms you may be having.
 - Record your temperature and write it down. Make sure to record your temperature **BEFORE** taking any medications that can lower your body temperature.
 - **Call 911 immediately if you begin to experience any emergency symptoms such as**
 - **Difficulty breathing or shortness of breath**
 - **Persistent pain or pressure in your chest**
 - **New confusion or inability to arouse**
 - **Bluish lips, face, or fingertips**
 - **Remember, this list does not include all emergency warnings. Consult with your medical provider for any other symptoms that may be concerning for you.**
 - **Put on a facemask that covers your nose and mouth before you enter any facility or emergency vehicle.**
- **Stay home** except to get medical care.
- **Separate yourself** from other people and animals in your home.
- **Wear a facemask** when around other people.
- **Take care of your emotional health.**
 - Outbreaks and sickness can be stressful.
 - Stay in touch with your loved ones.

All other information from:

- CDC. Get Your Household Ready for Coronavirus Disease 2019. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/get-your-household-ready-for-COVID-19.html>. Published February 11, 2020. Accessed March 16, 2020.
- CDC. If You Are at Higher Risk. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>. Published February 11, 2020. Accessed March 16, 2020.
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- Wa.gov. <https://www.doh.wa.gov/Emergencies/Coronavirus>. Published 2020. Accessed March 16, 2020.
- Wa.gov. <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/HigherRiskforSeriousIllness>. Published 2020. Accessed March 16, 2020.