CORONAVIRUS (COVID-19) PREVENTION

There is currently no vaccine to prevent Coronavirus 2019. The best way to prevent illness is to avoid being exposed to the virus. The CDC recommends the following everyday preventative actions to help prevent the spread of respiratory diseases:

- 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. Clean surfaces that you share with others, such as door knobs, telephones and bathroom surfaces.
- 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.
- If soap and water are not readily available, use an alcohol-based hand sanitizer or wipe with at least 60% alcohol.

CORONAVIRUS SYMPTOMS

According to the Centers for Disease Control (CDC), the common signs of the virus are like the flu. Symptoms may appear 2-14 days after exposure and can include:

- Fever
- Cough
- Shortness of breath

Individuals who develop symptoms should contact the Duval County Health Department, Shands Hospital, VA Clinic, I.M. Sulzbacher Clinic, or other healthcare professional and follow their advice. Prior to your arrival, contact the facility you intend to visit and tell them you think you may have Coronavirus (COVID-19) so they can take precautions to prevent exposing other individuals.

Residents please advise Staff if you develop symptoms.
PEOPLE AT HIGH RISK

Older adults and people who have severe chronic medical conditions like heart, lung or kidney disease seem to be at higher risk for more serious Coronavirus (COVID-19) illness. Early data suggest older people are twice as likely to have serious COVID-19 illness. This may be because:

- As people age, their immune systems change, making it harder for their body to fight off diseases and infection.
- Many older adults are also more likely to have underlying health conditions that make it harder to cope with and recover from illness.

If you are at increased risk for COVID-19 complications due to age or because you have a severe underlying medical condition, it is especially important for you to take actions to reduce your risk of exposure.

CDC RECOMMENDATIONS FOR THOSE AT HIGH RISK:

- Stay at home as much as possible.
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds.
- Stay up to date on CDC Travel Health Notices

FOR MORE INFORMATION ABOUT THE CORONAVIRUS, PLEASE VISIT THE FOLLOWING WEBSITES:

- Centers for Disease Control and Prevention (CDC) website [https://www.cdc.gov/](https://www.cdc.gov/)
- CDC Coronavirus Travelers Health Information website [https://wwwnc.cdc.gov/travel](https://wwwnc.cdc.gov/travel)
- World Health Organization (WHO) website [https://www.who.int/](https://www.who.int/)