

CORONAVIRUS 2019 UPDATE

Facts over Fear

Let's keep things in context

- CDC estimates...

34 million flu illnesses

350,000 hospitalizations

20,000 deaths from flu

- Coronavirus is spreading , but the flu is a greater threat to Americans

Timeline of COVID-19

International

- December 2019, Pneumonia like illness , Wuhan, China
- 1/30/20 WHO declared outbreak a public health emergency of int'l concern
- 1/31/20 HHS declared public health emergency
- 90 locations internationally

U.S. at a glance (As of 3/6/20)

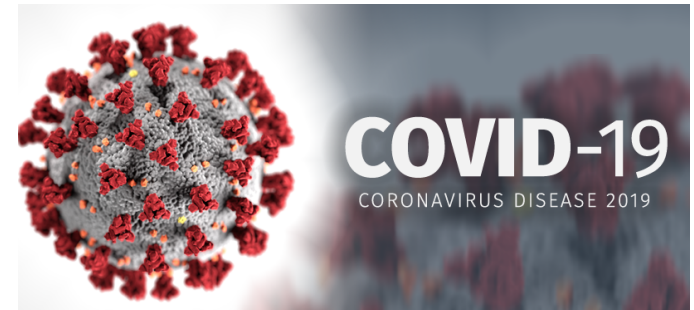
- Total cases: 401
- Total deaths: 19
- States reporting cases: 29
- Arizona cases: 5 total

Facts about coronavirus

- Originated from animal source, now spreading from person to person when they are the sickest
- Spread by close person to person contact (within 6 feet) from droplets from a cough or sneeze.
- 80% of people with COVID-19 will have a mild form of the illness
- Relatively mild in individuals under 19.
- There is currently no vaccine or treatment

Who is at Higher risk?

- Older people (>60) are twice as likely to have serious illness
- Those with severe chronic medical conditions like heart, lung, or kidney disease



Coronavirus

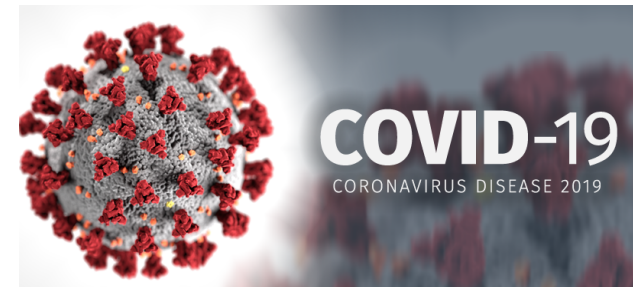
- Fever
- Cough
- Shortness of breath or difficulty breathing
- Symptoms appear 2-14 days after exposure

Flu

- Fever
- Cough
- Muscle aches
- Fatigue & weakness
- Chills & Sweats
- Congestion
- Sore throat

Allergies

- Sneezing
- Itchy nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes

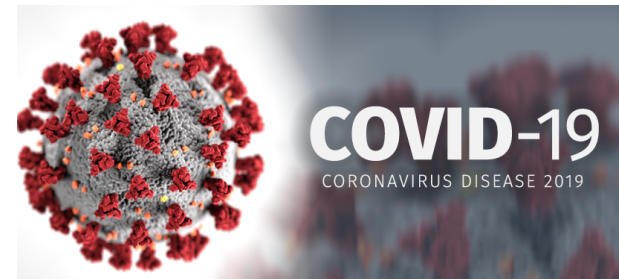


Simplest things you can do to help keep yourself and others healthy

- Wash your hands with soap and water at least 20 seconds
- Use an alcohol based hand sanitizer with at least 60% alcohol
- Avoid touching your face with unwashed hands
- **STAY HOME WHEN YOU ARE SICK** except to get medical care
- Cover your cough or sneeze with a tissue, then throw the tissue in trash
- Clean and disinfect high touch surfaces often

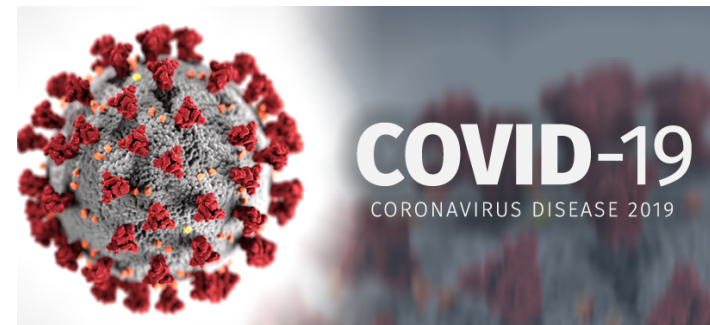
WASH YOUR HANDS

- After coughing or sneezing
- When caring for the sick
- Before, during and after preparing food
- Before eating
- After using the restroom
- When hands are visibly dirty
- After handling, animals or animal waste



Who should be wearing masks?

- Health care workers (N95)
- Lightweight disposable masks can allow tiny droplets to get into the nose , mouth, or eyes
- People with respiratory illness can lessen their chance of infecting others.



Factual websites

- www.cdc.gov Centers for Disease Control
- www.maricopa.gov Maricopa County department of public health
- “With all thy getting, get an understanding.”
Proverbs 4:7

