Coronavirus (COVID-19) PSA

What is the coronavirus?

Coronavirus disease, also known as COVID-19, was first detected in Wuhan, China in December 2019. This illness is contagious and spread through respiratory droplets (not airborne). This means when an infected person coughs or sneezes the droplets can land in the mouth and/or nose of people who are within close contact or possibly inhale the droplets into the lungs. There are currently no vaccines to prevent the spread of Coronavirus.

Currently, there are no cases of the Coronavirus in North Dakota. As of March 11th there have been 13 people tested, but no confirmed cases.

Older adults and people who have severe underlying long-term medical conditions like heart disease, lung disease, or diabetes are at higher risk for more serious complications from coronavirus.

Watch for symptoms:

Reported illnesses have ranged from mild symptoms to severe illness and even death.

Symptoms to watch for are fever, cough, and shortness of breath, typically within 2-14 days AFTER exposure.

CALL YOUR DOCTOR BEFORE SEEKING CARE IF YOU DEVELOP SYMPTOMS AND HAVE BEEN IN CLOSE CONTACT WITH A PERSON KNOWN TO HAVE CORONAVIRUS or if you have recently traveled from an area with widespread or ongoing community spread of Coronavirus.

Steps you can take to prevent illness:

Clean your hands often with soap and water for at least 20 seconds especially after being in a public space, blowing your nose, coughing, or sneezing.

If soap and water is not readily available use hand sanitizer that contains at least 60% alcohol.

Avoid touching your eyes, nose, and mouth.

Avoid shaking hands.

Avoid close contact with people who are sick.

Steps to protect others:

Stay home if you are sick, except to get medical care

Cover coughs and sneezes with a tissue or use the inside of your elbow, not your hands!

If you are sick, wear a facemask when around other people.

Clean and disinfect frequently touched surfaces daily such as tables, doorknobs, light switches, handles and so on.

If surfaces are visibly dirty clean them with soap and water before using disinfectant.

To disinfect surfaces common household disinfectants will work to kill the virus.

Patients with confirmed Coronavirus should remain under home isolation precautions until instructed by your doctor.

CALL 911 IF YOU HAVE A MEDICAL EMERGENCY:

If you have a medical emergency and need to call 911, notify the dispatch that you have coronavirus or have been evaluated for Coronavirus. If possible put on a facemask before emergency medical services arrive.