

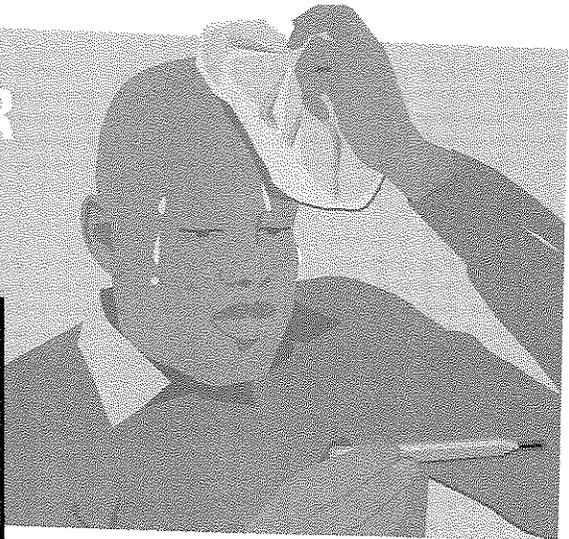
COVID
CORONAVIRUS
DISEASE
19

SYMPTOMS OF CORONAVIRUS DISEASE 2019

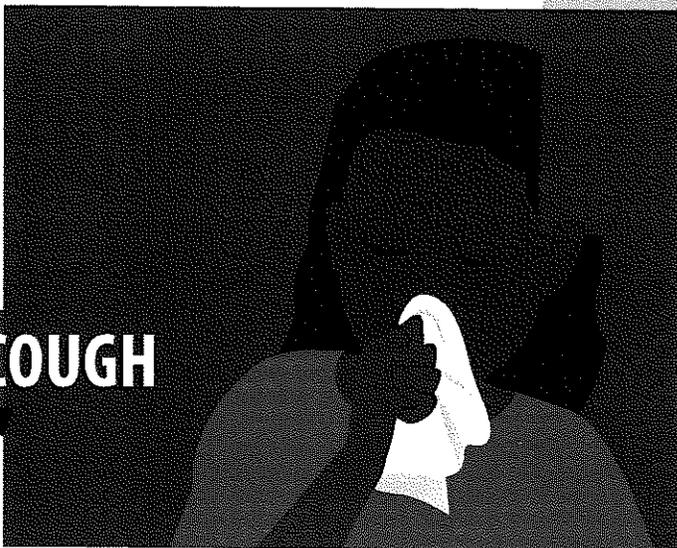
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

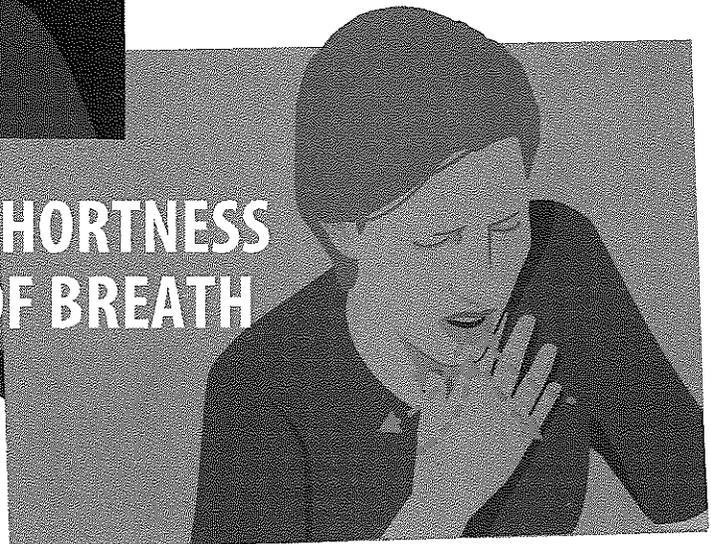


COUGH

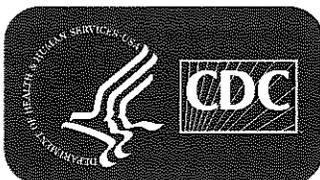


***Symptoms may appear 2-14 days after exposure.**

SHORTNESS OF BREATH



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT

1

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

FACT

2

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

FACT

3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT

4

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

FACT

5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



For more information: www.cdc.gov/COVID19

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- 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.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

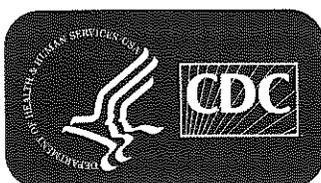
If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



CDC is aggressively responding to the global outbreak of COVID-19 and preparing for the potential of community spread in the U.S.

Travel

- Conducts outreach to travelers
- Issues travel notices

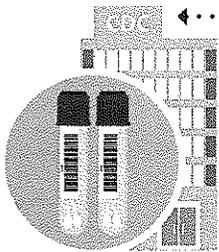


Businesses

- Provides business guidance including recommendations for sick leave policies and continuity of operations

Laboratory and diagnostics

- Develops diagnostic tests
- Confirms all positive test results submitted by states



Schools

- Provides guidance for schools including school closures and online education options



Community members

- Shares information on symptoms and prevention
- Provides information on home care
- Encourages social distancing

Health departments

- Assesses state and local readiness to implement community mitigation measures
- Links public health agencies and healthcare systems

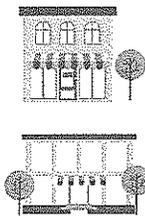
Healthcare professionals

- Develops guidance for healthcare professionals
- Conducts clinical outreach and education



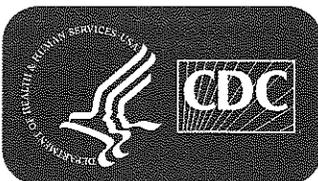
Healthcare systems

- Develops preparedness checklists for health systems
- Provides guidance for PPE supply planning, healthcare system screening, and infection control
- Leverages existing telehealth tools to redirect persons to the right level of care



HOSPITAL

HEALTH DEPARTMENT



New Hampshire's Response to Coronavirus Disease 2019 (COVID-19)

While the hope is that community transmission will be limited, the New Hampshire (NH) Department of Health and Human Services (DHHS) and partners have been preparing for a potential influenza pandemic for many years. In addition to developed state and regional emergency response plans, which can be readily adapted for COVID-19, the partnerships built through this planning and through prior emergency responses position NH well to respond to COVID-19. Public health emergency preparedness and response activities are organized in six domains based on the capabilities that states are required to develop when receiving federal public health emergency preparedness funding.

 <p>Incident management: Coordinating an effective response</p> <ul style="list-style-type: none"> • NH DHHS Incident Management Team activated on Feb 2nd to coordinate the state's response • Incident briefings held Mon/Wed/Fri with situation summary reports issued to responders 	 <p>Biosurveillance: Investigating and identifying health threats</p> <ul style="list-style-type: none"> • Suspect case identification and investigation • Traveler monitoring • Coordination of specimen collection and testing • Implementation of local testing capability
 <p>Information Management: Making sure people have information to take action</p> <ul style="list-style-type: none"> • Health alert messages with guidance and information issued to healthcare and public health partners • Statewide webinars held to share updates, guidance, and answer questions • Regular messaging to public on personal prevention through traditional and social media platforms • Availability of 24/7 phone line to answer healthcare provider and public questions • State and CDC COVID-19 websites are available and updated regularly 	 <p>Surge Management: Expanding medical services to handle large events</p> <ul style="list-style-type: none"> • Monitoring healthcare equipment and supply needs • Procurement of PPE for state cache • Plans and procedures in place to access strategic national stockpile • Federally-funded state contract in place to maintain NH's statewide healthcare coalition to support healthcare preparedness and response • Medical surge planning teams established with stakeholder participation
 <p>Countermeasures and Mitigation: Getting medicines and supplies when and where they are needed</p> <ul style="list-style-type: none"> • State authority to implement isolation and quarantine in place to mitigate spread • Travelers from China are being self-quarantined • CDC guidance is available for making decisions around community mitigation strategies (e.g. school closures) • Personal prevention strategies are widely promoted • NH's Regional Public Health Networks stand ready to vaccinate the public when a vaccine is available 	 <p>Community Resilience: Preparing for and recovering from emergencies</p> <ul style="list-style-type: none"> • Regular coordination and communication with federal, state, and local partners • State and local community partners are distributing state and CDC information • Guidelines issued to assist businesses, schools, and healthcare facilities to prepare for COVID-19 • NH's Disaster Behavioral Health Response Team is available to provide support to communities

Coronavirus Disease 2019 (COVID-19) Information for Businesses February 27, 2020

Many business organizations within New Hampshire are concerned about how the current outbreak of COVID-19 in China and other countries will impact their communities and are seeking ways to stay healthy. The New Hampshire Division of Public Health Services (NH DPHS) is working with the U.S. Centers for Disease Control and Prevention (CDC) to support our communities and medical providers by developing guidance and education materials.

What is the difference between seasonal coronaviruses and the virus causing COVID-19?

Coronaviruses are a family of viruses but there are different types of coronavirus within that family. Some frequently cause the common cold, but the virus causing COVID-19 is a new type of coronavirus that we believe moved from animals into humans and is infecting people for the first time.

What are common symptoms of COVID-19?

For confirmed coronavirus disease 2019 (COVID-19) cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms typically include fever, cough, and shortness of breath.

How is COVID-19 spread?

This virus spreads primarily through respiratory droplets (such as occur when an infected person coughs). Risk for transmission between people is highest with close contact (e.g., family members, healthcare settings).

How is COVID-19 infection prevented or treated?

Currently, there is no vaccine to prevent infection with this virus, and there is no specific antiviral treatment recommended once infected. The best way to prevent infection is to avoid being exposed to this virus.

How should businesses prepare for the potential of coronavirus in their community?

- Continue to monitor up to date information from health officials. See links to key websites below.
- Actively encourage sick employees to stay home.
- Emphasize respiratory etiquette and hand hygiene by all employees.
- Perform routine environmental cleaning.
- Prepare for possible increased numbers of employee absences.
- Identify essential business functions, essential jobs or roles, and critical elements to maintain business operations.
- Plan to minimize exposure between employees and also between employees and the public, if public health officials call for social distancing.
- Review CDC's guidelines for businesses which outline these key actions and others in greater detail:
<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

What preventive measures can employees and customers take to help reduce the spread of respiratory viruses?

Employees and customers should follow these steps to prevent the spread of respiratory infections:

- Cover coughs and sneezes with a tissue or sleeve. Following use, dispose of tissues into trash and wash hands or use alcohol based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Wash hands often for at least 20 seconds, especially after coughing or sneezing. Use alcohol-based hand sanitizer if soap and water are not available.
- Stay home until you have been fever free for at least 24 hours without taking any fever reducing medication and are feeling better.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched surfaces and objects.
- Encourage/recommend the annual influenza vaccine.

What precautions should be taken for employees who traveled internationally?

Employees should avoid all travel to any locations for which CDC has issued a Level 3 travel notice. See CDC travel notice website: <https://wwwnc.cdc.gov/travel/notices>

Employees who have returned from mainland China are being monitored by public health authorities and must stay home for 14 days after their arrival.

Employees who have returned from other locations with travel notices for COVID-19 may continue to attend work. They should be counseled that if symptoms develop (e.g. fever, cough, or shortness of breath), they should:

- Seek medical care. Before going to a doctor's office or emergency room, the individual should call ahead and tell the provider or office about recent travel and symptoms.
- Stay home and away from close contact with others.
- Practice strict respiratory etiquette and hand hygiene including covering the nose and mouth and nose with a tissue when coughing or sneezing and washing hands often with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer if soap and water are not available.

Business cleaning procedures

Businesses should routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and doorknobs. No additional disinfection beyond routine cleaning is recommended at this time. Use the cleaning agents that are usually used in these areas and follow the directions on the label. Provide disposable wipes so that commonly used surfaces (for example, doorknobs, keyboards, remote controls, desks) can be wiped down by employees before each use.

Where can I go for the most up-to-date information about the COVID-19 outbreak?

Outbreaks involving COVID-19 evolve quickly and recommendations from public health officials may change as new information becomes available. Please check the following websites often for updated information:

- U.S. CDC website: <https://www.cdc.gov/coronavirus/2019ncov/summary.html>
- NH DPHS website: <https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm>