

What employers can do to keep the workplace safe: New guidelines issued for workplaces, business travel.

Travel restrictions for US citizens

The U.S. State Department warned Americans late Wednesday to avoid traveling abroad and issued a global travel warning of level 3 — "reconsider travel," one level below its strongest warning — for all overseas travel. It also advises U.S. citizens against traveling by cruise ship and against long airplane trips and crowded places.

The CDC has advised Americans to "avoid nonessential travel" to Europe — a Level 3, its highest warning. This [covers essentially the entire continent](#) — 29 countries and principalities — including some of the most popular destinations for U.S. travelers, Germany, France, Spain and Italy.

The CDC also recommends [avoiding all non-essential travel](#) to China, South Korea and Iran. This does not include Hong Kong, Macau or Taiwan. Japan is at a level 2 alert (practice enhanced precautions), and Hong Kong is at a level one watch (practice usual precautions).

And no, you [don't need a face mask](#) unless you have COVID-19 and are showing symptoms. Buying up masks takes away precious materials from the health workers who need them most.

Those at a higher risk of exposure to the virus include people who live in communities that are seeing sustained transmission, health care workers caring for COVID-19 patients and close contacts of patients. As with seasonal flu, people at highest risk for severe disease and death include people aged over 60 years and those with underlying conditions such as hypertension, diabetes, cardiovascular disease, chronic respiratory disease and cancer, according to the WHO.

In China, the [median age of coronavirus patients is 51 years old](#), and the majority of cases (78%) were 30 to 69 years, according to February study conducted by the WHO. The highest mortality rate was among people over 80 years of age.

[Coronavirus outbreak in Washington state nursing home highlights risk among senior citizens](#)

Coronavirus in children appears to be rare, with about 2% of cases reported among people under 19 years old, [according to the WHO study in China](#). An even smaller proportion of this age group developed severe (2.5%) or critical disease (0.2%), and just one person under 20 had died in China as of February.

Coronavirus vs. flu:

In the U.S., influenza has caused 12,000 to 61,000 deaths annually since 2010, [according to the CDC](#). So far this season, there have been at least 34 million flu illnesses, 350,000 hospitalizations and [20,000 deaths from flu](#). More than 137,000 cases.

At least 5,069 people have died.

More than 69,000 people have recovered.

At least 136 of those deaths were in children.

What are the symptoms of coronavirus?

Symptoms can range from mild to severe, and some people don't have any symptoms at all. The most common symptoms resemble the flu and include fever, tiredness and dry cough. Some people also develop aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

About 1 in 6 people becomes seriously ill and develops difficulty breathing, according to the World Health Organization. If you experience fever, cough and shortness of breath, [call your doctor](#).

Symptoms may appear anywhere between two to 14 days after exposure, with the average patient seeing onset at around five days, according to the CDC.

4 Ways Your Company Can Help Manage:

1. Washing hands and clean surfaces with disinfect solutions.
2. High risk in countries where virus is spreading when people are close , check open spaces staff work in and involve teleworking if possible or different shifts.
3. Meet virtually

4. Your workers will be affected as school across the U.S. close. Please ahead whether transportation services, meal preparation, and activities. At least 12 states — Alabama, Illinois, Louisiana, Maryland, Michigan, New Mexico, Ohio, Oregon, Virginia, Washington, West Virginia, and Wisconsin — ordered all schools closed. Catholic schools in Los Angeles, Ventura and Santa Barbara counties will close on Tuesday and nearly 75,000 students will shift to remote learning through at least March 31, the Archdiocese of Los Angeles announced.

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