

What you need to know about COVID-19:

Coronavirus, or COVID-19, is a viral respiratory infection that causes fever, cough and shortness of breath. While it has the potential to cause severe illness in some people, approximately 80% of cases are relatively mild and don't require hospital care. Elderly people and those with underlying medical conditions are the most at risk for severe illness or pneumonia.

Coronavirus is likely spread in the same manner as the flu: through tiny wet droplets inadvertently produced when an infected person coughs, sneezes, or talks. Symptoms usually appear 5-6 days after exposure but may appear anywhere between 2 and 14 days. This virus only has cell receptors for lung cells (it only infects lungs). The only way for the virus to infect you is through your nose, mouth or eyes via your hands or an infected cough or sneeze onto or into your nose, mouth or eyes.

Risk is based on exposure. People, who have traveled abroad, especially to a country that is known to have widespread infection, are more at risk. Anyone who has direct contact with a person who actually has the infection is also at risk.

Currently, there are no medications that are specifically approved for COVID-19. The recommendation for those mildly affected is rest, drink plenty of fluids, and take over-the-counter medications as needed for mild pain and/or fever.

Pneumonia should be treated by a professional health care provider. Pneumonia symptoms may include a fever greater than 102°F, chills, cough (dry or productive), difficulty breathing, chest pain, body aches, bluish skin, nausea and vomiting, diarrhea, confusion and fatigue.

If you have symptoms but don't know if you were exposed, don't head straight to the emergency room or urgent care, where you might expose others. Call your PCP, ER or Urgent Care and ask what you should do.

If you know that you have been exposed and develop symptoms, call your PCP, ER or urgent care and ask what you should do. They can recommend a facility that can appropriately manage your symptoms and take measures to prevent the spread to other patients.

It's important to keep this in perspective. It can feel overwhelming with constant news coverage. Don't obsess over it, but rather be conscious and aware of it. Be realistic and carry on with your normal life, but with a healthy awareness and some new defensive habits.



Coronavirus Disease 2019

aka
COVID-19

Information
& specific steps
to protect yourself
and your
community

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Steps you can take to protect yourself and your community:

1. Wash your hands and/or use a greater than 60% alcohol-based hand sanitizer frequently.
2. Avoid people who are coughing and sneezing.
3. Cover your mouth when you cough or sneeze.
4. Throw used tissues in the trash.
5. Use hand lotion.
6. Stay home when you are sick and avoid close contact with others. Anyone with a fever of 100° or higher, should stay at home until well.
7. Consider keeping your home supplied with these items:
 - Soups, crackers, honey
 - Hydrating drinks
 - OTC medications for minor pain & fever
 - Cough medication and cough drops
 - Tissues
 - Household cleaners
8. If someone in your household becomes ill, clean frequently touched surfaces – such as light switches, door handles, kitchen counters, and bathroom faucets – several times a day.
9. Ordinary masks are permeable by viruses. They will not prevent you from getting COVID-19! The only ones that offer any protection are the N95 respirators. Other masks may reduce the possibility of transmission.
10. Do not touch your face, especially your eyes, nose, and mouth with unwashed hands.
11. Follow the infection control practices from the OSHA Blood Borne Pathogen trainings.
12. Ensure that frequently touched surfaces (light switches, door knobs, door bells, handrails, tables, keyboards, remote controls, telephones, etc) are disinfected regularly.
13. Use ONLY your knuckle to touch light switches, elevator buttons, etc.
14. Keep disinfectant wipes and disposable gloves in your car. Cleanse your steering wheel and gear stick regularly.
15. At a gas station, lift the gasoline dispenser with a paper towel or use a disposable glove.
16. Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. This is especially important on public bathrooms and commercial doors.
17. Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
18. Wash your hands with soap for 20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
19. Keep a bottle of sanitizer available at each of your home's entrances and in your car for use after getting gas or touching other possibly contaminated objects when you can't immediately wash your hands.
20. Clean your cellphone regularly. Don't let others hold you cellphone.
21. No handshaking! Use fist bump, elbow bump, slight bow, etc.
22. Use your own pen at stores, bank, etc.
23. Use hand sanitizer after using a debit/credit card terminal.
24. Get plenty of sleep.
25. Drink plenty of water.
26. Exercise regularly.
27. Consider strengthening your immune system. Some steps you might take:
 - Eat plenty of fresh fruits and vegetables
 - Eat a balanced diet of whole foods
 - Drink green tea
 - Take a vitamin D₃ supplement
 - Take pro and prebiotics
 - Eat freshly crushed garlic, or take an allixin supplement (powerful anti-viral effects)
 - Eat or drink a fermented food and beverage daily
28. Keep a positive attitude
29. Wash your hands and/or use a greater than 60% alcohol-based hand sanitizer frequently.