March 9, 2020

Emergency Preparedness for Coronavirus

What is coronavirus?
You may have heard of Coronavirus. Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. There is no need to panic, but it is important to be prepared.

How does it spread?
The virus can spread between people who are in close contact with one another (within about 6 feet) through coughs or sneezes. It is also possible to spread by touching something that has the virus on it and then touching your face.

How can I protect myself?
The best way to prevent getting it is to wash your hands for 20 seconds with soap regularly, do not touch your face, stay home when you are sick, and avoid contact with others who are sick.

What are the signs of Coronavirus?
Fever
Cough
Shortness of Breath or trouble breathing

If you are sick:
Stay home when you are sick, especially with a fever above 98.6F. Cover your cough or sneeze with a tissue, then throw the tissue in the trash. Clean and disinfect frequently touched objects and surfaces.

Call your doctor or clinic before you go in:
If you do not have a regular doctor and think you are sick call the Health Department:
Daytime phone number: 517-887-4308
After Hours (includes holidays and weekends): 517-342-9987