



# HEALTH & WELLNESS NEWS

PUBLIC HEALTH DIVISION  
Health Security, Preparedness and Response (HSPR)



## Novel Coronavirus

### Fact Sheet

#### What is novel coronavirus?

Novel coronavirus (COVID-19) is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus. It has the potential to cause severe illness and pneumonia in some people and there is not a treatment.

#### How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

#### How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

#### What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:



#### What should I do if I have symptoms?

Call your healthcare provider to identify the safest way to receive care. Let them know if you have traveled to an affected area within the last 14 days.

#### Who is at risk for novel coronavirus?

Your risk of getting COVID-19 relates to your exposure to the virus. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

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Travelers to and from certain areas of the world may be at increased risk. See [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) for the latest travel guidance from the CDC.

#### How can I prevent from getting novel coronavirus?

If you are traveling overseas follow the CDC's guidance: [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel).

Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick
- Stay home while you are sick and avoid close contact with others
- Cover your cough or sneeze with a tissue, then throw it away. If you don't have a tissue, cough into your elbow.
- Clean and disinfect objects and surfaces that you frequently touch.



Currently, there are no vaccines available to prevent novel coronavirus infections.

#### How is novel coronavirus treated?

There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

### For more information:

[www.healthoregon.org/coronavirus](http://www.healthoregon.org/coronavirus)

Updated 3/5/2020

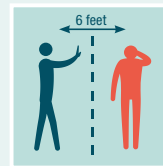


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## Social Distancing: Keep Your Distance to Help Prevent COVID-19



**Social distancing basically means reducing contact with people, especially in large crowds.** It is a major public health step to help slow the spread of a highly contagious disease, such as the coronavirus (COVID-19).

#### Why should I practice social distancing?

- When someone infected with the virus coughs or sneezes, droplets can travel several feet. If you breathe in the droplets or they land on your face, you could become infected.
- History supports Oregon actions — during the 1918 influenza pandemic U.S. communities that used social distancing strategies greatly reduced disease transmission.
- **Staying at least three feet, but ideally six feet, from one another in large social settings is one of the most important ways Oregonians can protect themselves from the disease and help slow its spread.**



This recommendation is particularly important for individuals at high risk of complications of COVID-19 (the elderly, or people of any age with chronic medical disorders such as heart or lung conditions, diabetes, cancer or HIV).

#### Keep your distance. Slow the spread.

For more information on social distancing and Oregon's coronavirus response, Visit: [healthoregon.org/coronavirus](http://healthoregon.org/coronavirus).



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## How to Nurture a Child's Mental Wellness.

### 1. Actively Listen Before Offering your Advice.

Ex: Get down on your child's level & give your full attention to them.

### 2. Be Patient

Ex: Take a few deep breaths or step away for a moment when you find yourself losing patience.

### 3. Share your Feelings & Validate Theirs

Ex: Honor what your child is saying or expressing about their experiences.

### 4. Tell the Truth

Ex: Always search for a way to tell the truth. When you are honest with them, they will be honest with you.

### 5. Model Healthy Behavior

Your children are always watching, and while what you tell them is important, your example has a stronger impact on them



This information is provided to you by the Indigenous Project LAUNCH (Linking Actions for Unmet Needs in Children's Health). The purpose of this grant is to foster culturally responsive models to support and promote the wellness of children and families