



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.

Travelers to and from certain areas of the world may be at increased risk. See 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.

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

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You can get this document in other languages, large print, braille or a format you prefer. Contact the Public Health Division at 971-673-0977 or 971-673-0372. We accept all relay calls or you can dial 711.

OHA 2358 English (3/2020)

Flu shots are in!!!

The Health & Wellness Center now has flu shots. Due to social distancing and keeping everyone safe and healthy, we ask you to please call medical at **503-879-2032** to make an appointment to get a flu shot. An appointment will be required before entry.

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccination each year.



Calming Strategies for Adults

Focus on The Senses 5,4,3,2,1

- Find 5 things you can see.
- Find 4 things you can touch.
- Find 3 things you can hear.
- Find 2 things you can smell.
- Find 1 thing you can taste.

Embrace The Arts

- Color or draw.
- Look through recipes.
- Listen to a calming playlist.
- Play an instrument.
- Sing.

Connect to Nature

- Go outside and walk barefoot through the grass.
- Sit outside in a relaxed lotus position: legs crossed, hands with palms open on knees. Do slow, deep breathing.

Move

- Take a walk.
- Do a few yoga poses.
- Jump on a trampoline.
- Run in place.

Nurture

- Water plants.
- Clip dead leaves.
- Gather seeds for growing or sharing.
- Pick flowers.
- If you have a garden, pick fruits or veggies or weed.

Control The Environment to Calm The Senses

- Turn down the lights for a few minutes.
- Turn on soothing music or sounds.
- Light a scented candle; watch the flame.
- Wrap yourself like a burrito in a regular or weighted blanket.
- Drink ice water or go warm with hot tea.
- Give yourself a mini hand massage with a fragrant lotion.

Connect with The Animal Kingdom

- Watch fish in an aquarium.
- Do bird watching.
- Pet your furry family members.
- Fill bird feeders and see who comes to the seed buffet.
- Take a few minutes with a journal outside and track the creatures you observe.

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