Preventing illness can be hard, but staying educated on symptoms and preventative care can decrease the chances of it affecting your family. The Coronavirus (COVID19) is causing many people to become ill with no specific antiviral treatment.

COVID-19 is spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the viruses spread.

Symptoms vary in severity. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, and kidney failure. Given the sudden onset of the illness, many details remain unknown but suggested prevention methods are similar to the flu and RSV; recover with rest and drinking lots of fluid.

Should I use a facemask or N95 respirator in public to prevent illness from COVID-19? No! CDC does not currently recommend the use of facemasks or N95 respirators among the public. While limited person-to-person spread among close contacts has been detected, this virus is not currently spreading in the community in the United States.

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

- Wear a facemask
- Call ahead before visiting your doctor
- Avoid sharing personal household items
- Monitor your symptoms
- Remain at home, isolate yourself

In order to prevent yourself from getting sick, follow these important steps.

- Maintain social distances of at least 3 feet
- Avoid hand shaking
- Do not share food and drink with others

As of March 4, 2020, there have been 95,097 confirmed cases of COVID-19 worldwide. COVID-19 is currently affecting 83 countries and territories around the world. Over 51,000 have recovered from the virus and 3,252 deaths have occurred; in the United States 137 confirmed cases have been identified with 11 deaths.

Sources and additional information:
https://www.worldometers.info/coronavirus/
https://www.who.int/health-topics/coronavirus
https://www.cattco.org/health