

ADOC – Office of Health Services

What you should know about Coronavirus disease 2019 (COVID-19)

What is Coronavirus - 2019 (COVID-19)?

- Coronaviruses are a large family of viruses that are common in people and animals.
- The common cold is a type of Coronavirus. COVID-19 is a newly (or novel) identified type of coronavirus.
- It was first detected in China and now has spread to the USA and other countries.
- This virus can cause a respiratory illness (disease) that is now called COVID-19.
- Some people get it and have very mild symptoms like the flu and generally get over it in a couple weeks. Some people may feel sicker and have more symptoms (problems) that may affect their lungs and other organs in the body.
- Although most people fully recover from COVID-19, it is a serious disease.



How does COVID-19 spread?

- The virus spreads from person to person through respiratory droplets when an infected person coughs or sneezes.
- The Virus can be spread by touching surfaces that are not kept clean and then touching your face.

What are the common symptoms of COVID-19?



✓ Shortness of breath

✓ Fever

✓ Cough

✓ Abdominal Pain

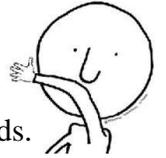


How can I help protect myself?



There are things that you can do to protect yourself from possibly getting sick.

- ☑ Wash your hands often with soap and water. Wash your hands for at least 20 seconds or as long as it takes to sing the happy birthday song. Wash your hands after using the bathroom, or after touching surfaces.
- ☑ **Get your Flu Shot they are free!** We are experiencing a second wave of Flu and Flu symptoms are similar to COVID-19. **A flu shot will not prevent you from getting COVID-19, but will help the Doctors and Nurses rule it out when evaluating you for potential COVID-19 disease.**



- ☑ Sneeze into your elbow. This will prevent germs from going into the air and on to your hands.
- ☑ Don't shake hands, high five or fist bump as a form of greeting. Try a positive hand sign that doesn't require touching each other.



- ☑ Avoid touching your face. Don't pick your nose. Don't touch your mouth. Don't rub your eyes.
- ☑ Practice social distancing. Don't sit on others bunk. Don't allow others to sit on your bunk. Don't share utensils or personal items. Maintain and clean your own personal space.
- ☑ Keeping your distance when talking to someone or participating in a social activity is the best way to avoid the spread. Try to keep 6 feet of distance away when you are socializing.
Keep your distance when watching TV in day rooms (spread out chairs) and recreation areas.



WASH YOUR HANDS!

What do I do if I am sick?



- ✓ Sign up for sick call or report to the security staff that you need to be seen by Healthcare staff because you feel ill.
- ✓ Co-pays for sick call have been temporarily-suspended during this time.
- ✓ Follow any healthcare instruction that is given to you at sick call.
- ✓ Request or complete a referral form to speak with a Mental Health Professional if you need additional help at this time.



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Ways to Manage Stress and Practice Healthy Behavior

During this time of worry about safety and family, it is normal to feel worried and even fearful at times about what you have heard about the Coronavirus (or the illness called COVID-19). Whatever you may have heard, you can help protect yourself and others by careful hand-washing, keeping as much physical distance as possible, and coughing or sneezing into your elbow. While you do that, here are some tips for coping with these challenging times:

Practice habits that can give you a sense of control over your emotions and daily life:

- Control your breathing:
 - Breathe in slowly while slowly counting to five.
 - Hold for one count, then breathe out while slowly counting to five.
 - Repeat this pattern until you feel more calm.
- Keep busy by reading, exercising, writing letters to family or friends, or consider what you are grateful for in your life.
- Staying as physically active as possible.
- Educating yourself about the facts.
- Pray or meditate.
- Speak with the Chaplain or other trusted staff.
- Make a phone call when possible.
- Breathe (as described above).
- Tell a joke and make a friend! A little humor helps when you feel worried or scared.
- Go outside and feel the sun on your face at every opportunity.
- Listen to music or sing a song.

