

## COVID-19 Preparedness

March 5, 2020

To all employees, clients, and members,

With respect to the growing public-health concern about coronavirus (COVID-19), EHE Health wants to share information regarding this illness and how to help minimize the impact of Coronavirus for you and your family.

With that in mind, EHE Health will specifically cover the following topics:

1. How do you protect yourself? You can prevent the spread of any virus by staying home if you feel sick, covering your sneezes and coughs with your sleeve (not your hands) and washing your hands often.
2. What to do if you are sick? If you have flu-like symptoms (fever, cough, and shortness of breath and no travel history or close contact with a COVID-19 patient, stay home and call your doctor. *If you need connection to a medical professional call 844.258.1820.*
3. What to do if you are sick and recently traveled to an area affected by the coronavirus or have been in close contact with someone who has? Isolate yourself, call your doctor and arrange to be tested for COVID-19.
4. What to do if you are in close contact with COVID-19 patient and do not feel sick? Isolate yourself, call your doctor and arrange to be tested for COVID-19.
5. What to do if you had non-close contact but exposure to laboratory-confirmed COVID-19 patient? Self-quarantine for 14 days while self-monitoring for symptoms. If you develop flu-like symptoms (fever, cough, and shortness of breath,) call your doctor.
6. What to do if you had exposure to person with potential exposure to COVID-19 (contacts of contacts)? Self-observation for 14 days to look for symptoms. If you develop flu-like symptoms (fever, cough, and shortness of breath,) call your doctor.

EHE Health is continuing to monitor the situation closely and will continue to provide updates on a daily basis.

### DEFINITIONS

**Close Contact** is a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case – or – b) having direct contact with a COVID-19 case (e.g., being coughed on).

**Isolation means** the separation of a person or group of people known or reasonably believed to be infected COVID-19 from those who are not infected to prevent spread of the communicable disease.

**Non-Close Contact means** remaining out of congregate settings, avoiding local public transportation (e.g., bus, subway, taxi, ride share), and maintaining distance (approximately 6 feet or 2 meters) from others.

**Self-Monitoring means** people should monitor themselves for fever by taking their temperatures twice a day and remain alert for cough or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-monitoring period, they should take their temperature, limit contact with others, and seek health advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.

**Self-observation means** people should remain alert for subjective fever, cough, or difficulty breathing. If they feel feverish or develop cough or difficulty breathing during the self-observation period, they should take their temperature, limit contact with others, and seek health advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.

**Self-Quarantine means** the separation of a person or group of people reasonably believed to have been exposed to COVID-19 but not showing any symptoms, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

**Symptoms:** fever 100.4 and above, cough, or difficulty breathing.