



# ABOUT CORONAVIRUS COVID-19

Employee Training  
MODULE 1

*\*The information contained within is from CDC.gov*

Information on COVID-19

How to prevent it from spreading

Which underlying health conditions may make individuals more susceptible to contracting the virus.

In this presentation



What is COVID-19

# What is the COVID-19?

- A disease caused by a new coronavirus that emerged in China in December 2019.
- Symptoms include cough, fever, shortness of breath, muscle aches, sore throat, unexplained loss of taste or smell, diarrhea and headache.
  - COVID-19 can be severe, and some cases have caused death.
- The new coronavirus can be spread from person to person.
  - It is diagnosed with a laboratory test.
- There is no coronavirus vaccine yet.
- [Prevention](#) involves frequent hand-washing, coughing into the bend of your elbow, staying home when you are sick and wearing a cloth face covering if you can't practice social distancing.

# Why is it called coronavirus disease & COVID-19?

- On 2/11/20 the World Health Organization [announced](#) an official name for the disease that is causing the 2019 novel coronavirus outbreak.
- The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19.
  - In COVID-19, ‘CO’ stands for ‘corona,’ ‘VI’ for ‘virus,’ and ‘D’ for disease. Formerly, this disease was referred to as “2019 novel coronavirus” or “2019-nCoV”.
- A *novel* coronavirus is a new coronavirus that has not been previously identified.
  - The virus causing coronavirus disease 2019 (COVID-19), is not the same as the [coronaviruses that commonly circulate among humans](#) and cause mild illness, like the common cold.

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# How COVID-19 Spreads

# How does the virus spread?

- The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs or sneezes.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Spread is more likely when people are in close contact with one another (within about 6 feet).
- COVID-19 may be spread by people who are not showing symptoms.
- COVID-19 seems to be spreading easily and sustainably in the community in [many affected geographic areas](#).

# How else does the virus spread?

- The virus may be spread in other ways
- It 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.
  - This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

[https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Ftransmission.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Ftransmission.html)



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# COVID-19 Symptoms

# Symptoms of COVID-19 & High Risk

- Anyone can have mild to severe symptoms.
- **Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

# Watch for symptoms

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.
- Symptoms may appear **2-14 days after exposure to the virus.**
- People with these symptoms may have COVID-19 
- This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

## POTENTIAL SYMPTOMS

Fever or chills	New loss of taste or smell
Cough	Sore throat
Shortness of breath or difficulty breathing	Congestion or runny nose
Fatigue	Nausea or vomiting
Muscle or body aches	Diarrhea
Headache	

# When to Seek Emergency Medical Attention

- Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face
- This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- **Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

# Notify Your Local Health Department

- Contact the local Amador County Health Department.

CONTACT INFORMATION	
<b>Address:</b>	<a href="#">10877 Conductor Blvd, Sutter Creek CA 95685</a>
<b>Phone:</b>	(209) 223-6407
<b>Fax:</b>	(209) 223-1562
<b>Email Us</b>	<a href="mailto:publichealth@amadorgov.org">publichealth@amadorgov.org</a>
<b>Business Hours:</b>	Mon-Fri 8 AM - 5 PM, <i>closed 12:00-12:30 PM daily for lunch</i>

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# HOW TO PREVENT THE SPREAD OF COVID-19

# Protect yourself and others

**The best way to prevent illness is to avoid being exposed to this virus.** You can take steps to slow the spread.

- [Maintain good social distance](#) (about 6 feet). This is very important in preventing the spread of COVID-19.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- [Routinely clean and disinfect](#) frequently touched surfaces.

[https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Ftransmission.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Ftransmission.html)