

## CORONA VIRUS MEMO

### **What are the symptoms of the Corona Virus?**

People with Corona Virus have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

### **How can I help protect myself and fellow class members?**

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid hand shaking. Use a fist bump, slight bow, elbow bump, etc. Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### **If you are sick, to keep from spreading respiratory illness to others, you should**

- Stay home when you are sick. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- Please inform your local branch dean and/or president immediately if you are diagnosed with the corona virus or advised to be quarantined by a qualified health professional. The dean/officer should then contact Dr. Marlon Farley as soon as possible for further instructions.

### **Suggestions for class room operations:**

Prior to class please clean the microphones, pointer, and podium with antiseptic wipes.

Please exercise caution when providing water to the speaker, whomever gives the water please use hand sanitizer prior to passing water to the speaker and if possible avoid multi-use bottles.

### **What should I do if I recently traveled from an area with ongoing spread of Corona Virus?**

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

### **Is there a treatment?**

There is no specific antiviral treatment for the corona virus. People with the virus can seek medical care to help relieve symptoms.

For any further questions please have the local dean/officer contact Dr. Marlon Farley.