

KNOW

What is the novel coronavirus?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe diseases. The novel coronavirus is a new strain, not previously identified in humans. COVID-19 is the infectious disease caused by the latest discovered coronavirus (SARS-CoV-2).

How does the virus spread?

People can catch COVID-19 from others who have the virus through inhaling small droplets from people with COVID-19 who cough or sneeze or through touching contaminated surfaces.

What are the symptoms?

Many people who become infected experience mild illness and recover, but it can be more severe for others. If you feel ill, please call your provider or the hospital nurse line before going to the hospital or clinic.

The symptoms include a combination of:

- Fever
- Cough
- Difficulty breathing
- Muscle pain
- Tiredness

PREPARE

How can you prepare yourself

- Educate yourself on COVID-19 from trusted sources.
- Keep physically active to ensure good physical condition.
- Have over-the-counter medicines and medical supplies (e.g. tissues, thermometer) to treat fever.
- If taking any prescription medicines, refill them, or consider using a mail-order for your medications.
- Have enough groceries and household items for approximately 2-4 weeks. Prepare gradually and avoid panic buying.
- Activate your social network. Contact family, friends, neighbours or community health care workers in advance and make joint plans on what to do when COVID-19 is spreading in your community or if you become ill.
- Practice social distancing if COVID-19 is spreading in your community:
 - Avoid crowds, especially in confined and poorly ventilated spaces.
 - Do your grocery shopping at off-peak hours.
 - Avoid using public transport during rush hours.
 - Exercise outdoors instead of indoor settings.
- Follow instructions from national authorities on how to prepare for emergencies.
- Continue to practice general hygiene.

www.cdc.gov/coronavirus/2019-ncov/index.html
<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>
www.ecdc.europa.eu/en/novel-coronavirus-china

Isolate at home if sick
Observe quarantine if healthy but
were exposed to virus.
HELP FIGHT COVID-19.

INFORMATION ON COVID-19

Call 211 for general information
Kodiak Public Health Center 486.3319
Kodiak Community Health Center 481.5000
Mill Bay Health Center 486.7300
Kodiak Island Ambulatory Care Clinic: 486.6188
North Pacific Medical Center 486.4183
Providence Nurse Advice Line 907.212.6183
Providence Kodiak Island Medical center 486.3281

For Active Duty CG call the Duty HS at
(907) 942-4214

For further information:

www.cdc.gov/coronavirus/2019-ncov/index.html
<http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/default.aspx>
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
www.ecdc.europa.eu/en/novel-coronavirus-china

ISOLATION

What is isolation at home?

For people with mild symptoms of COVID-19, hospitalisation may not be necessary. Instead, healthcare providers may recommend isolation at home, to limit further spread of the virus.

Isolation at home, self-isolation or home isolation means **remaining at home or in a designated setting, in a single, dedicated, adequately ventilated room** and preferably using a dedicated toilet. This measure can be recommended for people while showing symptoms or for a certain period of time.

While in home isolation, observe the following rules:

- Do not allow visitors.
- Only household members who are caring for the person suspected or confirmed of having COVID-19 should stay at home.
- Separate yourself from other people in the household. Use
- facemasks, if you have one, when in the same room with other people, to protect them.
- Stay in a well-ventilated room with a window that can be opened.
- If a dedicated toilet is not available, the isolated person should clean the toilet thoroughly after each use.
- Use separate towels, eating utensils, drinking glasses, bedding or any other household item commonly shared in the family setting.
- Activate your support system: ask friends, neighbours or community health care workers for help to run essential errands, e.g. grocery and medicine shopping.
- Avoid direct contact when interacting with them, for example, by arranging groceries to be dropped at the door.
- Wash hands directly before and after any interaction with others.
- Follow the advice of your healthcare provider and call them if your condition worsens.

QUARANTINE

What is quarantine?

How can you protect yourself and others

Quarantine refers to the separation and restriction of movement of people who have potentially been exposed to COVID-19, but who are currently healthy and do not show symptoms. In general, quarantine is mandatory and is mainly at home, duration is minimum 14 days, but in specific situations can be done in a hospital or in dedicated facilities.

If you are required or recommended by authorities to quarantine at home, please take into consideration the following:

- Stay at home (i.e. don't go to work, school or public places) and:
 - Self-monitor for appearance of COVID-19 symptoms, including fever of any grade, cough or difficulty breathing. If symptoms develop, call your local health care services for advice.
 - If you become ill with symptoms of cough, fever and difficulty breathing, use medical facemasks, to protect those around you from getting infected.
 - Arrange with your employer to work from home, if possible.
 - Clean and disinfect your home, particularly frequently touched surfaces and toilettes.
- Activate your support system: ask friends, neighbours or community health care workers for help to run essential errands, e.g. grocery and medicine shopping.
- Keep in touch with family and friends via telephone, email or social media.
- Keep yourself informed on COVID-19 from trusted sources.
- Keep physically active to ensure good physical and mental condition.