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Public Health Emergency Information - General Population

Before a COVID-19 outbreak occurs in your community: Plan
A COVID-19 outbreak could last for a long time in your community. Depending on the severity of the outbreak, public health officials may recommend community actions designed to help keep people healthy, reduce exposures to COVID-19, and slow the spread of the disease. Local public health officials may make recommendations appropriate to your local situation. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak of COVID-19 in your community. You should base the details of your household plan on the needs and daily routine of your household members.

WHAT TO KNOW

What is coronavirus disease 2019 (COVID-19)?
Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How does COVID-19 spread?
The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- 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.
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, but this is not thought to be the main way the virus spreads.

What are the symptoms of COVID-19?
Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, shortness of breath.

WHAT TO DO

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.

- o Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often with soap and water for at least 20 seconds, especially after using the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - o If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

GET YOUR HOUSEHOLD READY

There are things you can do right now to be ready for any emergency, and many of these same tips will help you prepare as the coronavirus situation continues to evolve in the U.S.

- Have a supply of food staples and household supplies like hand soap/hand sanitizer, laundry detergent, bathroom items, pet food, and diapers if you have small children.
- Check to make sure you have at least a 30-day supply of your prescription medications, and have other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Learn how your children's schools and your place of work plan to handle any outbreak.
- People with elderly parents or relatives should have a plan in place for caring for them if they fall ill.
- Help family members and neighbors get prepared and share the safety messaging with those who may not have access to it.

IF YOU THINK YOU HAVE SYMPTOMS

Call ahead before visiting your doctor or the hospital. If you develop symptoms and have been in close contact with a person known to have COVID-19 or if you have recently traveled from an area with widespread or ongoing community spread of COVID-19, call your medical provider for guidance.

See the CDC website for information on areas affected by Coronavirus. The Health Department can also assist with directing you to care.

FOR MORE INFORMATION

If you think you have symptoms consistent with Coronavirus, please call
New Haven Health Department Emergency Line
Telephone (203) 946-4949

For routine questions/issues, please call the New Haven Health Department Main Number
Telephone (203) 946-6999
Website: https://www.newhavenct.gov/gov/depts/health/default.htm
Information on other specific populations can be found on the New Haven Health Department website

CDC – Coronavirus Disease 2019
https://www.cdc.gov/coronavirus/2019-ncov/about/index.html

Connecticut Department of Public Health
https://portal.ct.gov/DPH/Public-Health-Preparedness/Main-Page/2019-Novel-Coronavirus#Protect