



Coronavirus COVID-19

Bi-Weekly Update

**There are 245,658 confirmed cases of COVID-19 in the U.S. ,
5,831 in the State of Georgia, and 15 in Coffee County
as of the latest reports* April 3, 2020.**

As the virus continues to spread within the United States and our region, it is important that we all stay aware of the latest facts and are taking precautions to protect ourselves from further spread.

What do I do if I suspect that I have been exposed to Coronavirus COVID-19?

If you suspect you or a loved one has been exposed to coronavirus and you are showing correlating symptoms of COVID-19, please take these measures:

Unless you are experiencing a health emergency and need immediate health intervention, do not go to an emergency room. **Call** your primary care physician's office to discuss your symptoms and your possible exposure. Your healthcare provider will work with the Georgia Department of Public Health to determine if you need to be tested for COVID-19. It has been stressed to **CALL** the healthcare provider to discuss your symptoms and set up testing should they determine testing is necessary. This is to limit the exposure to others should you indeed test positive for COVID-19. There is an approximate 48-72 hours turnaround time on this test, therefore it is very important for the individual to self-quarantine until test results are returned. Be prepared to treat the common symptoms of COVID-19 which includes fever, cough, and respiratory congestion.

It is important to emphasize that if you are experiencing shortness of breath or respiratory distress please report to your nearest Emergency room or call 911. Be sure to make all those who come into contact with you of your suspected condition so they can take precautions to not contract the possible COVID-19.

FAQ

How do I protect myself from contracting COVID-19? Washing your hands often with soap and water or using a hand sanitizer containing at least 60% alcohol is the best way to protect yourself.

How long does the virus survive on surfaces? It is not certain how long the virus that causes COVID-19 survives on surfaces. Studies suggest that coronaviruses (including the COVID-19 virus) may survive on surfaces for a few hours or up to several days. If you think a surface may be infected, clean it with simple disinfectant to kill the virus and protect yourself and others.

Who is at risk of developing severe illness? While we are still learning about how COVID-19 affects people, older persons and persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes) appear to develop serious illness more often than others.

How do I need to prepare for an outbreak in our immediate area? Should there be an outbreak in our region, non-essential employees need to be prepared to self-quarantine at home. Having common cleaning supplies on hand to ensure your home is clean (bleach, antibacterial surface cleaners) will be helpful. Also, having needed supplies such as daily medication and food will ensure you don't need to visit public places should there be an outbreak locally. Should an individual have symptoms of COVID-19 and be self-quarantined, it will also be important to have over the counter medications to treat the common symptoms of fever & cough.

How do I know if I am getting true and reliable information? Obtaining your information from an accurate source will ensure you have correct and up-to-date information. The below websites are the best sources for accurate information: <https://dph.georgia.gov/> and <https://coronavirus.gov> The Georgia Department of Public Health updates its website, dph.ga.gov, every day at 12pm & 7pm with a map of confirmed COVID-19 cases in the state of Georgia. CRMC will keep updated information on our website: <https://www.coffeeregional.org/coronavirus/>

* Case Numbers for Georgia and Coffee County found on the Georgia Department of Public Health website. The total US cases are listed as reported by Johns Hopkins University. Numbers vary by site due to different reporting times.

Last Updated April 3, 2020

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