

March 12, 2020

Additional Reference Material

(Source: CDC¹, Los Angeles Public Health Department². Reviewed and recommended for posting by brother Dr. Tim Wong.)

Understand how coronaviruses are spread

COVID-19 is likely to spread in the same way as other respiratory illnesses like influenza. It is thought to spread from an infected person who has symptoms to others by:

- Droplets produced through coughing and sneezing
- Close personal contact, such as caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

Teach your family the importance of taking steps to prevent infection

There is no vaccine or cure for COVID-19 at this time. Antibiotics only treat infections caused by bacteria so they don't work against the virus that causes COVID-19. The best thing you can do to protect yourself, is to take steps to avoid infection:

- Wash your hands often and do it thoroughly. Use soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer that contains at least 70% alcohol for at least 20 seconds.
- Minimize close contact with others when possible.
- Limit close contact with people who are sick. Try to stay at least 6 feet away from someone who is sick – for example, if you see someone coughing, move away.
- Routinely clean and disinfect frequently touched objects and surfaces using regular household cleaning spray or wipes.
- Do not share objects such as utensils, cups, food, and drink.

Know the symptoms of COVID-19

Most people will have a mild or moderate illness and will get better without complications. Symptoms in children tend to be milder, but our understanding of this illness is continuing to evolve. We do know that some individuals, mainly adults, will become severely ill and need to go to the hospital.

Symptoms include:

- Fever
- Cough
- Difficulty breathing

Take extra care if you are at risk of serious illness from COVID-19

Some people are more likely to become seriously ill if they get COVID-19. This includes the elderly, people with cancer who may have weakened immune systems, and those with heart or lung disease. It is very important that these people take extra care and contact their healthcare provider immediately if they do become sick.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

² <http://publichealth.lacounty.gov/media/Coronavirus/>

March 12, 2020

Know what to do if you become ill:

- Stay at home or go home as soon as possible if you begin to feel unwell, even if you have mild symptoms such as headache and slight runny nose. Stay home for at least 24 hours after you no longer have a fever or fever symptoms without the use of fever-reducing medicines.
- Wash your hands well and often.
- Cover your cough and sneezes with a tissue, and then dispose of the tissue and clean your hands immediately. If you do not have a tissue, use your sleeve (not your hands).
- Try to stay at least 6 feet away from others.
- When you provide care for others, wash your hands before and after.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes.
- Do not share objects such as utensils, cups, food, and drink as well as personal hygiene items like toothbrushes and towels.
- Drink plenty of fluids.
- Watch for signs of serious symptoms such as worsening fever, rapid breathing, shortness of breath, or dehydration (unable to keep fluids down) and seek medical care if needed.

Cleaning

Routinely clean and disinfect all frequently touched surfaces and objects, such as doorknobs, bannisters, countertops, toys, remote controls, faucet handles, and phones. Use the usual cleaning agents and follow the label directions.

Regarding use of face masks

The benefit of the face mask comes from preventing a person from touching their face or from coughing/sneezing without covering themselves. In that sense, it can help prevent someone from getting sick or from the spread of germs. However, the lack of supplies makes it unreasonable to warrant a recommendation for everyone to wear a mask, especially with the ongoing price gouging. The Asian community is already familiar with this practice of mask wearing even before the COVID-19. If people want to wear mask, please feel free to do so. However, at this point, there is not a mandate for everyone to do so.

Know where to get reliable information

Beware of scams, false news and hoaxes surrounding novel coronavirus. Accurate information is available in English and Chinese from the US Center for Disease Control and Prevention website. Other local announcements, including new cases in LA County, will always be distributed by the Los Angeles County Department of Public Health through press releases, social media, and the department's website. The Public Health website has more information on COVID-19 including FAQs, infographics, as well as tips on handwashing.

- US Center for Disease Control and Prevention (CDC)
<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>
- Los Angeles County Department of Public Health (LACDPH)
<http://publichealth.lacounty.gov/media/Coronavirus/>

If you have questions and would like to speak to someone, or need help finding medical care, call the Los Angeles County Information line 2-1-1 which is available 24/7.