

PUBLIC HEALTH NEWSLETTER



Josephine County Public Health

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8:00 am – 6:00pm M-Th (Closed 12-12:30 for lunch),
8:00 am - 12:00 pm Fri

WIC: 8:00-5:45 M-Th (Closed for lunch 12:00 -
1:00pm), 8:00 - 11:45 Fri

WIC Wolf Creek: 9:30 am - 4:00 pm Every 1st
Wednesday of the month

WIC Cave Junction: 9:30 am - 4:00 pm
Every 1st & 3rd Thursday of the month

2019-nCoV

NOVEL CORONAVIRUS

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of respiratory illness caused by a novel (new) coronavirus first identified in Wuhan, Hubei Province, China that began on December 1, 2019. Chinese authorities identified the new coronavirus, that has resulted in thousands of confirmed cases in China, including cases outside Wuhan, with additional cases being identified in a growing number of countries internationally. The United States now confirms 6 domestic cases including human spread in Illinois..

Coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals, including camels, cats, and bats. Early on, many of the patients in the outbreak in Wuhan, China reportedly had some link to a large seafood and animal market.

According to the CDC, “the virus probably originally emerged from an animal source but now seems to be spreading from person-to-person. It is important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. It’s not clear yet how easily 2019-nCoV spreads from person-to-person.”

The CDC and Department of Homeland Security’s Customs and Border Protection (CBP) have implemented noninvasive screening at several airports nationwide.

People who think they may have been exposed to 2019-nCoV should CALL your local healthcare provider or local hospital immediately.

Additionally, as a reminder, everyday preventative actions should be taken to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick. **(See Footnotes)**
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, and then dispose of the tissue in the trash can.
- Clean and disinfect frequently touched objects and surfaces.

Wash your hands

Wash your hands with soap and running water when hands are visibly dirty



If your hands are not visibly dirty, wash them with soap and water or use an alcohol-based hand cleanser



STAY HEALTHY WHILE TRAVELLING

Avoid travel if you have a fever and cough



If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider



NOVEL CORONAVIRUS

2019-nCoV Advice

*Based on current information, the immediate health risk from 2019-nCoV to the general American public is considered **LOW** at this time.*

This interim guidance is based on what is currently known about 2019-nCoV and transmission of other viral respiratory infections.

If you have had close contact with someone who is confirmed to have, or being evaluated for, 2019-nCoV infection you should:

- Monitor your health starting from the day you first had close contact with the person and continue for 14 days after you last had close contact with the person. Watch for signs and symptoms of respiratory illness.
- **If you develop fever and respiratory symptoms, CALL your healthcare provider right away.**
- **Before** going to your medical appointment, be sure to tell your healthcare provider about your close contact with someone who is confirmed to have, or who is being evaluated for 2019-nCoV infection. This will help the help the healthcare provider's office take steps to keep other people from infection spread. Ask your healthcare provider to call the local or state health department.
- If you do not have any symptoms, you can continue with your daily activities, such as going to work, school, or other public areas.

For questions or information on possible exposure to 2019-nCoV, contact your healthcare provider, local hospital, or local health department.

Travelers Advice

The CDC recommends that travelers avoid non-essential travel to China.

Travelers to China should:

- Avoid contact with sick people.
- Avoid animals (alive or dead), including animal markets, and animal products (such as uncooked meat).
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

If you have traveled to China in the last 14 days and feel sick with fever, cough, or difficulty breathing, you should:

- Seek medical care right away. **Before** you go to your doctor's office or emergency room, **call** ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.

Signs & Symptoms

Patients with confirmed 2019-nCoV infection have reportedly had mild to severe respiratory illness with symptoms of:

- Fever
- Cough
- Shortness of breath

The CDC believes at this time that symptoms of 2019-nCoV may appear in as few as 2 days or as long as 14 days after exposure based on what has been seen previously as the incubation period of the Middle East Respiratory Syndrome (MERS-CoV) outbreak of 2012.

People who think they may have been exposed to 2019-nCoV should CALL your local healthcare provider or local hospital immediately.

Travel Health Notices

Warning Level 3 – China

- CDC recommends that travelers avoid all nonessential travel to, China

Footnotes

Fever may not be present in some patients, such as those who are very young, elderly, immunosuppressed, or taking certain fever-lowering medications. Clinical judgement should be used to guide testing of patients in such situations.

Close contact is defined as:

- Being within approximately 6 feet, or within the room or care area, of a novel coronavirus case for a prolonged period of time while not wearing recommended personal protective equipment. Close contact can include caring for, living with, visiting, or sharing a health care waiting area.
- Having direct contact with the infectious secretions of a novel coronavirus case while not wearing recommended personal protective equipment.

For questions or information on possible exposure to 2019-nCoV, contact your healthcare provider, local hospital, or Josephine County Public Health (541-474-5325)

