

Attached is information for you about the COVID-19 virus.

Please remember....

Practice social distancing

Cover coughs and sneezes

Thoroughly wash hands with soap and water

Avoid contact with people who are sick

Stay home if you are sick

If you are on post release supervision, your reporting instructions are to immediately contact your parole officer by phone upon release.

# COVID-19 (2019 Novel Coronavirus)

## What is COVID-19 (2019 novel coronavirus)?

The 2019 novel coronavirus, now known as COVID-19, is a virus strain that was newly identified at the end of 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and death in some people.

## What are the symptoms?

People who have been diagnosed with COVID-19 have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:



**Difficulty  
Breathing**



**Cough**



**Fever**

## Who is at risk for COVID-19?

Currently the risk to the general public is low. At this time, there are a small number of individual cases in the U.S. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases. Travelers to and from certain areas of the world may be at increased risk. See [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) for the latest travel guidance from the CDC.

## How can I avoid getting COVID-19?

If you are traveling overseas (to China but also to other places) follow the CDC's guidance: [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus). Right now, COVID-19 has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent COVID-19:

- **wash** hands often with soap and water. If not available, use hand sanitizer.
- **avoid** touching your eyes, nose, or mouth with unwashed hands
- **avoid** contact with people who are sick
- **stay** home while you are sick and avoid close contact with others
- **cover** your mouth/nose with a tissue or sleeve when coughing or sneezing

Currently, there are no vaccines available to prevent COVID-19 infections.

## How is COVID-19 treated?

There are no medications specifically approved for COVID-19. Most people with mild COVID-19 illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

**For more information, visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).**

# Reduce the Spread



## **Stay home if you have symptoms of COVID-19.**

Have sick family members use a separate room and bathroom in your home, if possible, to reduce the spread of germs.



## **Continue practicing preventive actions.**

This includes washing your hands with soap and water frequently for at least 20 seconds; cleaning frequently touched surfaces daily, covering your coughs and sneezes with a tissue, and avoiding touching your face.



## **Notify the employer and/or school of changes in schedule.**

If your child gets sick, talk with teachers about classroom assignments that can be done from home to keep up with schoolwork. Ask your employer to work from home or take leave if you or someone in your household gets sick or your child's school or daycare is temporarily dismissed.



## **Avoid gathering in public places.**

When schools or employers are temporarily dismissed, avoid gathering in groups in public places. This will help slow the spread of COVID-19 in the community.



## **Stay in touch with others by phone or email.**

If you live alone and become sick, you may need help. Stay in touch with family, friends and healthcare providers by phone or telemedicine if possible. Check on those with chronic medical conditions periodically.



## **Stay up-to-date on the latest COVID-19 information.**

Check KDHE's website, [www.kdheks.gov](http://www.kdheks.gov), to stay up to date on the latest COVID-19 information. You can also check the websites and social media pages of your local health department. The CDC website also has resources: [www.cdc.gov](http://www.cdc.gov). Check with employers and schools periodically about potential closings or changes in attendance policies.



## **Take care of your family's emotional health.**

Outbreaks can be stressful for adults and children. Children respond differently to stressful situations than adults. Talk with your children about the outbreak, try to stay calm, and reassure them that they are safe.

# Be Red Cross Ready

Prepare so you can protect.



## Steps to Help Protect Against Coronavirus COVID-19

### About Coronavirus COVID-19

- The Centers for Disease Control and Prevention (CDC) is responding to an outbreak of respiratory disease caused by a new Coronavirus (COVID-19) that was first detected in China and has now spread to multiple countries including the U.S.
- According to the CDC, patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure and include fever, cough and shortness of breath.
- Call your healthcare professional if you develop symptoms and have been in close contact with a person known to have the disease, or if you have recently traveled from an area with widespread or ongoing community spread of the disease.
- The following health and preparedness tips can help you stay healthy and prepare for possible disruptions due to this coronavirus. Most importantly, stay informed about the latest information by visiting the CDC website at [cdc.gov/covid19](https://www.cdc.gov/covid19).

### To Help Prevent the Spread of Respiratory Illnesses, Use Healthy Practices:

- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds (the time it would take you to sing 'Happy Birthday' twice) or, if soap is not available, use hand sanitizer with at least 60 percent alcohol.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw it in the trash. If a tissue isn't available, cough or sneeze into your elbow, not your hands.
- Clean and disinfect frequently touched surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using facemasks, which is for people who show symptoms of COVID-19 to help prevent the spread of disease to others, and for health workers and caregivers in close settings.
- Practice healthy habits: get sleep, eat nutritious food, drink fluids, be physically active and manage stress.
- Influenza and pneumococcal disease are the leading causes of vaccine-preventable respiratory illness in the U.S., so protect yourself with an annual flu vaccine and if eligible, the pneumonia vaccine.

### To Prepare your Household for a Possible COVID-19 Outbreak in the U.S., Use Preparedness Practices:

- Obtain at least a 2-week supply of food staples, household and sanitary products, if asked to stay home (a best practice to increase your preparedness for any hazard).
- Keep current prescription medications in regular supply, with at least a 30-day supply of needed health items.
- Learn how your local public health authorities will provide guidance to your community and stay informed.
- Learn how your children's school or daycare, and your workplace plan to handle a possible outbreak. Create a plan to accommodate any closings, event cancellations or postponements.
- If you care for older adults or children, plan and prepare for caring for them, should they or you become sick.

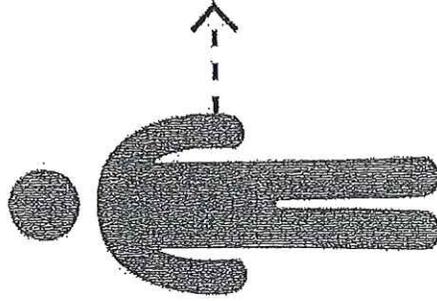
March 6, 2020



**Your Trusted Resource**

**Got Coverage, Got a Minute?**

*Know where you stand...*



Call to get health insurance

**(713) 804-1939**

**Se Habla Español**

**Serving the underserved**

*Supporting those who support our clients*

Congratulations on your release. There will be a lot of things you will be focused on doing. We can help you get Low to No Cost Health Insurance. We also can guide you to other resources such as Medicaid and SNAP benefits for your family.

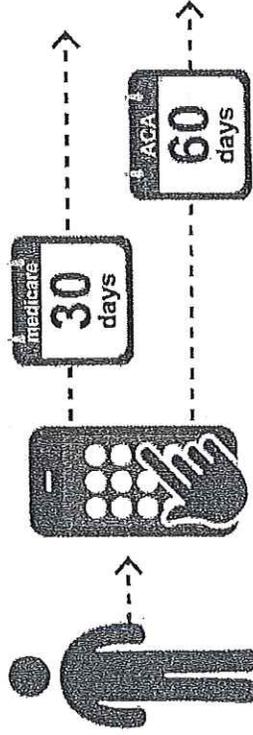
We believe in "Facts over Fear". Please call us for assistance; we are happy to help.

Felicidades por tu liberación. Habrá muchas cosas en las que se centrará en hacer. Podemos ayudarte a obtener un seguro de salud de bajo costo o sin costo. También podemos guiarte a otros recursos, como los beneficios de Medicaid y SNAP para su familia.

Creemos en "Hechos sobre el miedo". Por favor llámenos para asistencia; Estamos encantados de ayudarte.

Upon release call to get health insurance.

(713) 804-1939



se habla español