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Coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019? 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.



Can I get COVID-19? Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at [https:// www.cdc.gov/ coronavirus/2019-ncov/about/transmission. html#geographic](https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic).

The current list of global locations with cases of COVID-19 is available on CDC’s web page at [https://www.cdc.gov/ coronavirus/2019-ncov/locations-confirmed-cases.html](https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html).

How does COVID-19 spread? The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly 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. It also 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. Learn what is known about the spread of newly emerged coronaviruses at [https://www.cdc.gov/ coronavirus/2019-ncov/ about/transmission.html](https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html).

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

COVID 19 (cont. from page 2)

WHAT ARE SEVERE COMPLICATIONS FROM THIS VIRUS?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- 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.

WHAT SHOULD I DO IF I RECENTLY TRAVELED FROM AN AREA WITH ONGOING SPREAD OF COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

IS THERE A VACCINE?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

IS THERE A TREATMENT?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19

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Water-Saving Tips

As part of a community, it is vital that all residents be proactive in reporting leaks so that management can address them immediately and eliminate any potential damage that may be caused by leaks. The following is a list of tips suggested for all residents to put into practice:



- Check faucets and pipes for leaks.
- A small drip from a worn faucet washer can waste 20 gallons of water per day. Larger leaks can waste hundreds of gallons.
- Don't use the toilet as an ash-tray or wastebasket.
- Every time you flush a cigarette butt, facial tissue or other small bits of trash, five to seven gallons of water is wasted.
- Check your toilets for leaks.
- Put a little food coloring in your toilet tank. If without flushing, the color begins to appear in the bowl within 30 minutes, you have a leak that should be repaired immediately. Most replacement parts are inexpensive and easy to install. The Maintenance Staff will install flappers at no cost.
- Take shorter showers.
- One way to cut down on water use is to turn off the shower after soaping up, then turn it back on to rinse. A four-minute shower uses approximately 20 to 40 gallons of water.
- Turn off the water while brushing teeth.
- Use your dishwasher and clothes washer for only full loads.

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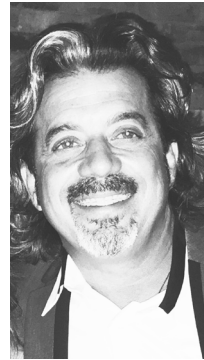
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