



Tabernacle Missionary Baptist Church (Information released 3.1.2020)

What is the Coronavirus?

Coronaviruses are a large family of viruses (current disease has been designated as COVID-19), some causing respiratory illness in people and others circulating among animals. Since cases are present in Washington State, the Washington State Department of Health has created a Coronavirus call center: 1-800-525-0127 (<https://www.doh.wa.gov/Emergencies/Coronavirus>).

FAQs and how you can protect yourself

How does it spread?

Currently, the virus is believed to spread like other respiratory viruses – by people with the infection or coughing and sneezing. These droplets are inhaled by other people or moved to the eyes, nose or mouth by contaminated hands.

What do you do if you feel sick?

If you develop symptoms — such as a fever, cough or shortness of breath — within 14 days of your return from personal or official travel to a country with a COVID-19 outbreak OR have been exposed to someone with confirmed COVID-19, please take the steps listed below.

Additionally, if you have **NOT** returned in the past 14 days from travel to a country with a COVID-19 outbreak OR have **NOT** been exposed to someone with confirmed COVID-19 but do have fever and respiratory symptoms, please also take the following steps.

1) Call your health provider in advance. Please do not show up at a clinic, urgent care or other health facility without calling first. Your provider will need to take special measures to protect other people in the clinic. Telemedicine may also be available, enabling you to consult a provider

2) The U.S. Centers for Disease Control and Prevention (CDC) also advises you to:

- Avoid contact with others and do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean your hands by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%–95% alcohol

immediately after coughing, sneezing, or blowing your nose. Soap and water should be used if hands are visibly dirty.

3) Monitor your symptoms closely. Remember that the likelihood is low that you have coronavirus. Take your temperature if you believe you have a fever.

4) Stay home from school and work until at least 24 hours after your fever ends. If you must go out of the house or be around others, wear a mask and avoid close contact. Be especially careful around infants and small children as well as people who have compromised immune systems and/or are over the age of 65. If you returned from China in the last 14 days, and your arrival date was February 2 or later, you will have received instructions from the CDC and from the local or state health department.

5) Take care of yourself. Rest as much as possible. Drink lots of fluids.

How do I prevent the spread of viruses, including Coronavirus?

You can reduce the risk of spreading coronaviruses by taking the same steps as you would to prevent infection from the flu and the common cold:

- Wash hands often with soap and water for at least 20 seconds. Use hand sanitizer, with 60-95% alcohol if water is not available.
- 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 and nose with your elbow or a tissue when coughing or sneezing, and immediately dispose of the used tissue.

Are there steps individuals, families and communities can take to help prepare if there is widespread transmission of COVID-19?

The CDC has a guide for individuals, families and communities on prevention and mitigation of the spread of viruses (<https://www.cdc.gov/coronavirus/2019-ncov/preparing-individuals-communities.html>), including COVID-19. These steps include many of those listed above for personal health, as well as others relevant for broader community efforts.

How do I clean and disinfect communal spaces?

The CDC recommends cleaning and disinfecting frequently touched surfaces (e.g., door knobs, tables, keyboards light switches). Use a disinfectant registered with the U.S. Environmental Protection Agency (EPA) or a 10% bleach/water solution to clean surfaces. Please avoid putting disinfectant gels or liquids on electronics and other equipment, including elevator buttons, unless they have been indicated as safe to use on those devices.