

Coronavirus COVID-19

The Coronavirus is a family of viruses that are common in humans as well as animals. COVID-19 is new and unique virus that started in Mainland China and has spread too many countries including the United States. At this time, most people in the U.S. will have little immediate risk of exposure to this virus.

The spread of this virus is thought to be through air borne droplets or direct contact. Symptoms may vary from mild to severe depending on the overall health of the individual. Symptoms can include Fever, Cough and Shortness of Breath.

This is also flu season and symptoms typically occur suddenly with fever, headache, sore throat, cough, muscle/joint achiness, some may also have nausea and diarrhea.

The **single best way to prevent seasonal flu is to get vaccinated**, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV) and whooping cough, are spread by cough, sneezing, or unclean hands.

4. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

We at Crossroads' Turning Points, Inc. will work closely with the Pueblo Department of Public Health and Environment to assess situations and take their lead on any quarantines, closures, or other health measures needed.

Colorado Department of Public Health and Environment (CDPHE) Hotline (general COVID-19 questions)

Call: 303-389-1687 or 1-877-562-2911

Email: COHELP@RMPDC.org

Visit: colorado.gov/cdphe/2019-novel-coronavirus