

## **Frequently Asked Questions**

**February 27, 2020**

### **Q: What is coronavirus?**

A: A respiratory disease with cold- or flu-like symptoms. In general, it is being called “coronavirus,” which is a broad term like colds and flu. More specifically this is called “new coronavirus,” or “novel coronavirus,” or “COVID-19” which is the specific virus making the rounds right now.

### **Q: How is it spread?**

A: COVID-19 is spread from person-to-person contact primarily through coughs and sneezes (airborne particles), but also can spread by skin-to-skin touching (hugs and handshakes), and touching surfaces already infected (doorknobs, toys, dishes, etc.). It can spread quickly, just like a cold or flu.

### **\*UPDATED\* Q: Is it spreading here in Oregon?**

A: Oregon health officials announced three presumptive positive cases of novel coronavirus, or COVID-19, as of March 2, 2020. State and local health officials are following up with people connected to Oregon’s cases.

### **Q: What can I do to help prevent the virus from reaching child care children, staff, and me?**

A: Reinforce the steps you already take to prevent colds and flu:

- Sick kids and staff should stay home
- Wash hands frequently and thoroughly
- Keep hands away from eyes, nose, and mouth
- Cover mouth and nose when coughing or sneezing
- Frequently disinfect surfaces touched by hands, such as tables, chairs, doorknobs, and toys

### **Q: What are the symptoms?**

A: Symptoms of the active virus are similar to the cold and flu: coughs, shortness of breath, and fever. However, note that this virus can spread and infect a person many days before they show symptoms. It is important to adopt the prevention strategies right now – before you see someone with cold- and flu-like symptoms.

### **Q: What should I do if I think a child, their family, my staff, or I have been exposed to this virus?**

A: If you think someone has been exposed, or has symptoms, they should call their local health department and their health care provider to decide if they need to be seen. Once they make

contact, they can create a plan to enter a clinic in a way that avoids being around others. They, and you, should follow the instructions from the local public health authority.

**\*UPDATED\* Q: Will I be required to contact families if I suspect a case of coronavirus?**

A: In Oregon's public health system, local public health authorities are the front line responders in an outbreak. Local health department would lead on contact notification and contact tracing.