



Date: March 8, 2020

#### Coronavirus – Prevention and Preparedness

Family Healthcare continues to actively monitor the Coronavirus situation and is following direction locally from the Utah Department of Public Health. We want to help ensure that our local community has access to important facts. Arming ourselves with information from reliable sources, like Utah Public Health and the Center for Disease Control and Prevention (CDC) is the best way to be prepared and prevent infection. On March 6, 2020 the Utah Public Health Department reported the first case of Coronavirus to be diagnosed in Utah, in the northern region of the state. The immediate health risk to the general public remains low in most places. National and global containment efforts continue to help manage risk to the public.

#### **Prevention:**

CDC recommends the following preventative actions.

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid close contact with people who are sick
- Avoid touching your eyes, nose, and mouth
- 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 using a regular household cleaning spray or wipe
- Follow CDC's recommendations for using a facemask
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including Coronavirus.
  - Facemasks should be used by people who show symptoms of Coronavirus to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone with symptoms in a close setting (at home or in a health care facility).

If you, or a family member, have concerns about having the coronavirus; because they have symptoms and recently (last 14 days) traveled to high risk areas (China, South Korea, Japan, Iran, Italy) or they have been in contact with a person that has a confirmed diagnosis, you will be referred to Utah Public Health for testing and treatment.

Common symptoms include fever, cough, and fatigue. Runny nose and congestion is rare. Younger patients typically have much milder symptoms and may not think they have anything other than a mild common cold. The greatest risk is for older patients who have other chronic medical conditions such as heart disease/lung disease or are smokers. Remember that the immediate health risk to the general public is low.

Patients with mild symptoms usually do not require an in-person medical evaluation and are encouraged to avoid healthcare facilities, and to use urgent care telehealth services, such as Intermountain's Connect Care.

Patients with severe symptoms are also recommended to call Intermountain's telehealth Connect Care system and the provider will triage the patient and help setup treatment and testing through Intermountain's hospital system..

**Additional reliable information is available by visiting the following links:**

Utah Public Health website: <https://health.utah.gov/coronavirus>

CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Intermountain COVID-19 public information <https://intermountainhealthcare.org/covid19%20coronavirus%20for%20healthcare%20professionals/>

Or, by calling the Utah Public Health hotline at: 1-888-374-8824

# HEALTH ALERT

There is an outbreak of respiratory illness in  
Wuhan, China linked to a new coronavirus.

If you have been in Wuhan  
in the last two weeks and  
develop a **fever, cough**, or  
have **difficulty breathing**,  
seek medical care right away.

- Call ahead before going to a  
doctor or emergency room.
- Tell them your symptoms  
and that you have been to  
Wuhan, China.

FOR MORE INFORMATION:

UTAH DEPARTMENT OF HEALTH  
1-888-EPI-UTAH (374-8824)

OR VISIT  
[WWW.CDC.GOV/WUHAN](http://WWW.CDC.GOV/WUHAN)

