CORONAVIRUS COVID-19

CCHD

CHESTER COUNTY HEALTH DEPARTMENT

BE INFORMED

LEARN THE FACTS, SHARE THE FACTS, STOP THE FEAR

WHAT IS COVID-19?

COVID-19 is a respiratory illness that can spread from person to person just like the flu or a cold:

- Through the air by coughing or sneezing
- Close personal contact, like touching or shaking hands
- Touching an object or surface with the viruses on it
- Occasionally, through fecal contamination

The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

TRAVEL INFORMATION

If you or your family has travel plans in place, you can stay up to date with current travel guidance from the CDC at:

http://bit.ly/TravelCOVID-19

WHAT IS HAPPENING IN CHESTER COUNTY

The Chester County Health Department is actively engaged in response and preparedness efforts by:

- Monitoring the coronavirus outbreak by working with federal and state partners, including the CDC and the Pennsylvania Department of Health
- Conducting disease surveillance and investigating any suspected cases of coronavirus
- Communicating with healthcare providers about updated treatment and testing information and guidance as it becomes available from the CDC
- Developing and sharing appropriate and timely communications with community partners
- Ensuring release of accurate and culturally-competent public information
- Posting trustworthy information on Health Department social media channels

VIRUSES DON'T DISCRIMINATE
AND NEITHER SHOULD WE

Misinformation causes fear and anxiety. Sometimes this fear can result in stigma towards populations that people associate with a disease. Stigma hurts everyone by creating more fear or anger towards ordinary people instead of the disease itself. You can help reduce stigma if you:

- Rely on and share trusted sources of information
- Speak up if you hear, see, or read misinformation
- Show support for impacted individuals and communities

For more information on stigma, please visit:

http://bit.ly/StigmaCOVID-19

STAY INFORMED CORONAVIRUS COVID-19

Chesco.org/Health

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RESOURCES FOR MORE INFORMATION

PADOH:
https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx
Personal Preparedness: www.ready.gov/pandemic
CDC's Frequently Asked Questions:
https://www.cdc.gov/coronavirus/2019-ncov/faq.html

PREVENTION TIPS

Clean hands with soap and water for at least 20 seconds. Use alcohol based hand sanitizer (60-95% ethyl alcohol if soap & water are unavailable)

Cover nose and mouth when coughing & sneezing with a tissue or flexed elbow

Avoid touching your face, eyes, and nose

Clean surfaces frequently, such as countertops, light switches, doorknobs, cell phones and other frequently touched areas. Most household cleansers, such as bleach wipes or alcohol, will kill the virus

Avoid close contact with anyone with cold or flu-like symptoms

Stay home and consult a healthcare provider if you are sick

PERSONAL PREPAREDNESS

You can prepare for public health emergencies, like COVID-19, by having some basic personal preparedness items in your home. Imagine you were going on a 3-day camping trip and think about what your family would need. Consider gathering items such as:

- Water and non-perishable food (including items for pets)
- Prescription and over-the counter medications
- Personal care items

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Personal Preparedness: www.ready.gov/pandemic
CDC's Frequently Asked Questions:
https://www.cdc.gov/coronavirus/2019-ncov/faq.html