



# COVID-19 CORONA VIRUS DISEASE 2019

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## ABOUT COVID-19

On Jan. 30, 2020, the World Health Organization declared a public health emergency of international concern for the 2019 novel coronavirus, or COVID-19. On Jan. 31, 2020, the secretary of Health and Human Services declared a public health emergency in the United States and announced new measures to prevent the spread of COVID-19. The current epidemic, which originated in mainland China, has demonstrated the capacity of COVID-19 to spread globally. While supporting other government agencies' response to the COVID-19 threat, the Department of the Air Force is responding appropriately to protect the health of the force and maintain operational readiness.

## COVID-19 QUICK FACTS

On 3/11/20 WHO publicly characterized COVID-19 as a pandemic.

It is not yet known if weather and temperature impact the spread of COVID-19.

COVID-19 is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

Older adults and people who have serious chronic medical conditions like heart disease, diabetes and lung disease are at a higher risk.

## HEALTH PROTECTION MEASURES

Situation	HPCON	Example Health Protection Measures
Normal Baseline	O	Routine: Standard precautions such as routine hand washing, cough on sleeve, diet, exercise, vaccinations, education, stockpiling, planning, routine health alerts, etc.
Report of unusual health risk or disease	A	Limited: Health Alert, communicate risk and symptoms, review plans, verify preparation: training, stocks, posture, prepare to diagnose, isolate and report new cases
Outbreak or heightened exposure risk	B	Moderate: Strict hygiene (no handshaking, wipe common use items); if exposed, self-isolate (wear mask or remain home); avoid contaminated water/food or risk area; vector control
High morbidity epidemic or contamination	C	Substantial: Social distance (limit meetings, socials, TD's), shelter in place indoors; or, if directed, don respirators; mass distribution of medical countermeasures, if applicable
High mortality epidemic or containment	D	Severe: Restrict movement (quarantine), mass evacuation, mass decontamination, subsist on secure food/water sources

## NOVEL CORONAVIRUS OUTBREAK

### SYMPTOMS\* OF THE NOVEL CORONAVIRUS

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

\*Symptoms may appear 2-14 days after exposure.



Fever



Cough



Shortness of Breath

**IF YOU'VE TRAVELED TO A HIGH-RISK COUNTRY OR A COUNTRY WITH A LEVEL-3 TRAVEL HEALTH NOTICE WITHIN THE PAST 2 WEEKS AND DEVELOP SYMPTOMS, CALL YOUR DOCTOR.**

## COVID-19 RESOURCES

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>  
Department of Defense: <https://www.defense.gov/Explore/Spotlight/Coronavirus/>  
Department of the Air Force: <https://www.af.mil/News/Coronavirus-Disease-2019/>

## COVID-19 PREVENTION



Currently there is NO vaccine to prevent COVID-19.



The best way to prevent illness is to avoid being exposed to this virus.



Everyone has a role to play in getting ready and staying healthy, visit [www.cdc.gov](http://www.cdc.gov) for more tools to aid in prevention preparation.

## STANDARD PRECAUTIONS



Clean your hands often with soap and water and/or hand sanitizer.



Avoid touching your eyes, nose and mouth with unwashed hands.



Avoid close contact, putting distance between yourself and other people.



Stay home if you're sick, except to get medical care.



Cover coughs and sneezes.



Wear a face mask if you are sick.



Clean and disinfect frequently touched surfaces.