



Novel Coronavirus Best Practices

Background

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak caused by a novel (new) Novel Coronavirus (“2019-nCoV”) first identified in Wuhan City, Hubei Province, China. The CDC is closely monitoring the situation and is working with the World Health Organization (WHO). The WHO has declared the outbreak a Global Health Emergency. The CDC considers the 2019-nCoV coronavirus a serious but not immediate health risk to the general American public. The 2019-nCoV coronavirus is a new virus for humans and was first identified in China.

What is Novel Coronavirus?

Novel coronavirus (2019-nCoV) is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- in rare cases, contact with feces

How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (like a common cold) to severe pneumonia that requires hospitalization.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or 14 days after exposure to the virus:

- Fever
- Cough
- Difficulty breathing

Who is at risk for novel coronavirus?

Currently the risk to the general public is low. Currently, there are a small number of individual cases in the U.S. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

Travelers to and from certain areas of the world may be at increased risk. See <https://wwwnc.cdc.gov/travel> for the latest travel guidance from the CDC.

Prevention

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- 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 touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- 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.

What can we do?

- Post preventive measures around the community to ensure people are away of best practices.
- Ensure your cleaners are using disinfecting cleaning products.
- Ensure high traffic areas are receiving extra attention during this time.
- Ensure your public bathrooms are stocked with soap and any hand sanitizer stations are full.

If diagnosed with the disease

Your doctors and public health staff will evaluate whether you can be cared for at home. If it is determined that you do not need to be hospitalized and can be isolated at home, you will be monitored by staff from your local or state health department. You should follow the prevention steps below until a healthcare provider or local or state health department says you can return to your normal activities.

- **Stay home except to get medical care:** You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ridesharing, or taxis.
- **Separate yourself from other people in your home:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Call ahead before visiting your doctor:** If you have a medical appointment, call the healthcare provider and tell them that you have or may have 2019-nCoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.
- **Wear a facemask:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.
- **Cover your coughs and sneezes:** Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer

that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

- **Clean your hands:** Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Avoid sharing personal household items:** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.

Communication

Follow the communication standards outlined in your Site Operations Manual. For questions regarding communication and documentation, contact your Regional Manager, Jeremy Bidy (Senior Vice President of Operations) or Brian Kraft (Assistant Vice President of Operations).