



## HEALTH MINISTRY

### Corona Virus – COVID19

New York State like other states has been preparing for a pandemic for years. In the past 16 years, I have been in classes about it. A pandemic is an outbreak of disease over a wide geographic area and affecting an exceptionally high proportion of the population.

Global travel for work or leisure has bought the world closer together for good or bad. What happens in one area of the globe can hop on a plane and travel to other parts of the globe. Problems like the Corona Virus (COVID19) must be addressed as a worldwide community – keeping each other safe.

Do not panic. We have had other diseases spread around the world such as Swine Flu, SARS, H.N., Ebola and Bird Flu. With time and skill the experts have managed to keep most of us safe and we are still here. Listen to your health professionals, Dr. Anthony Fauci of NIH, C.D.C pros.

The Corona Virus (COVID19) is a new virus related to the viruses that cause the common cold. But unlike the common cold, it can be serious and lethal in some. The novel Corona Virus (COVID19) was first identified in Wuhan, Hubei Province China.

Symptoms range from mild illness to severe, even death. 98% of people who get this virus survive. Symptoms include fever, cough, and shortness of breath, which can appear 2-14 days after exposure.

Prevention includes avoiding close contact with those who are sick. Avoid touching face, eyes, nose, and mouth. Stay home if you are sick. Cough and sneeze into elbow. Wash hands for 20 seconds. Clean and disinfect frequently touched objects. If you have traveled to a high-risk area of the world (such as Italy) and have respiratory symptoms even without fever, you should be tested and stay out of group settings until test result are negative. You have to take responsibility for your own behavior. Get the flu shot. Boost your immunity by consuming more citrus and Vitamin C.

There was a shortage of test kits. Governor Cuomo has permission from the C.D.C. to test at centers in N.Y. It takes hours for results rather than days. There is no specific treatment of the novel Corona Virus. Symptoms are treated as they appear.

The best way to deal with this virus is through testing, isolating, treating and quarantining those who test positive. Hospital treatment is for those who are very ill.

So be well and safe. Go about your lives being thankful and appreciating the return of Spring and daylight savings.

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N.Y.State.gov