Mayflower Health & Wellness
Infection Prevention and Management

The Coronavirus Update
March 4, 2020

Mayflower professional staff has been studying the situation with what has been known as the "coronavirus." Actually, there are a number of different communicable viruses in the family of coronavirus. The culprit getting all the current attentions is COVID-19.

We have gathered information from national sources from the Iowa Department of Public Health (IDPH), and from local medical professionals. First identified in China, this new virus has resulted in hundreds of confirmed cases in that country, with additional cases being identified in a growing number of other countries, including the United States. At this writing, there have been **NO** confirmed cases in Iowa.

The virus has been shown to be spreading person-to-person. Currently, the overall risk to Iowans is low. The IDPH is working with federal, state, local public health, and clinical partners to share information as it becomes available.

If you have symptoms of fever, dry cough, and/or shortness of breath and malaise or have had contact with a person who has a diagnosis of infectious disease, you are encouraged to contact your physician <u>**BY PHONE**</u> and follow their instructions.

Everyday preventive actions to help lessen the spread of respiratory viruses include:

- Wash your hands often with soap and water for at least 20 seconds each time. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Suspend hand-shaking for now.
- Cover your mouth with your upper arm when coughing or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.

- **Clean and disinfect frequently-touched objects and surfaces. (Regular household cleaning agents are effective.)**
- **The CDC does not recommend facemasks for the general public.**

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