



UAI Public Health Bulletin

March 6, 2020

NOVEL CORONAVIRUS UPDATE...

Information for UAI clients and community

Even as additional cases of COVID-19 are arising, the immediate health risk to the general public remains low. For most of the population, the coronavirus will only produce mild symptoms, and many do not even know they have it. Much like seasonal influenza, it could lead to a more serious illness like pneumonia or death for people who are more susceptible to respiratory infections, like the elderly, the immune compromised, or those with underlying medical conditions. The CDC does not recommend the use of a facemask unless you are experiencing symptoms or are in prolonged contact with an infected person.

Symptoms

Symptoms include fever, cough, and trouble breathing or shortness of breath. If you are sick, it is important to stay home and do not travel, report to work, or go to school. If you have mild symptoms, there may be no need to see your doctor. If you have symptoms and meet other CDC criteria for exposure, call your primary care physician. The public health authorities will determine if further testing is necessary.

Prevention

- Check the CDC's travel guidance website before travelling internationally for up to date information on travel safety.
- Wash hands with soap and water for at least 20 seconds or use alcohol based hand sanitizer if soap/water is unavailable.
- Avoid touching your eyes, mouth and nose with unwashed hands. Avoid close contact with sick people and stay home if you are sick.
- Disinfect frequently touched objects and surfaces.

**Attention
all patients-
If you have:**

**Traveled outside the
United States**

**Had close contact
with someone who
recently traveled
outside the United
States and was SICK**

**And now YOU have:
fever, cough or
trouble breathing,
please tell
healthcare staff
IMMEDIATELY!**

UNITED AMERICAN INDIAN INVOLVEMENT

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Public Health Bulletin-
Los Angeles American Indian
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