



FORSYTH TOWNSHIP

EMERGENCY MANAGEMENT

HEALTH AWARENESS

March 6, 2020

The health and safety of our citizens is our priority. Considering the evolving Coronavirus situation, we wish to provide some guidance and precautionary measures.

The following information is provided by the US Center for Disease Control and Prevention (CDC).

Travel Guidance:

The CDC travel notices website link is: <https://wwwnc.cdc.gov/travel/notices>

Level 3: Avoid Non-Essential Travel.

The CDC currently has 5 countries with Warning Level 3: China, South Korea, Italy, Iran, and Venezuela. For countries with CDC Warning Level 3, Avoid Nonessential Travel. Suggested precautions can be found on the CDC website and below.

Level 4: Do not Travel.

The CDC currently does not have any countries listed with Warning Level 4.

Precautionary Measures:

Remain diligent in monitoring your health and in taking precautionary steps to protect yourselves and your family from the Coronavirus. These precautionary measures include:

- Washing hands often with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer.
- Shielding coughs and sneezes with a tissue, elbow, or shoulder (not the bare hands).
- Avoiding handshaking.

- Regularly monitoring for symptoms of Coronavirus:
 - **FEVER**
 - **COUGH**
 - **SHORTNESS OF BREATH**

These symptoms may appear 2-14 days after exposure.

More detail on symptoms can be found on the CDC website:

- www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html
- If you are presenting symptoms of Coronavirus, immediately seek a medical evaluation. Call your doctor if you develop symptoms and have been in close contact with a person known to have COVID-19 or have recently traveled from an area with widespread or ongoing community spread of COVID-19.

How to protect yourself:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- 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.