



Freeport Fire Department

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Covid-19



Coronavirus Disease 2019

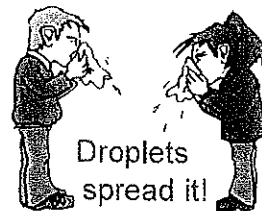


Look for:

Fever - Cough - Shortness of Breath *Travel from an Infected Country"
Flu Like Symptoms - **COVID-19 is like The Flu on Steroids**

How you get it:

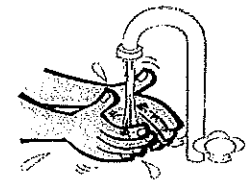
- Close Person to Person Contact.
- Spread from droplets from sneeze – cough - body fluid.
- Can be spread from surface contaminated with droplets.
- Enters body via Nose – Mouth – Eyes.



Droplets spread it!

What to Do:

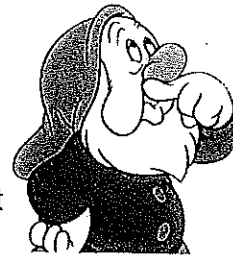
- **Wash hands with soap – water min. of 20 seconds-**
Hum or sing Happy Birthday 2x
- No soap & water use hand sanitizer *minimum* 60% alcohol
Make you own - 1/3 cup Aloe Vera Gel / 2/3 cup 70% isopropyl alcohol
- Virus can live up to 10* days on a surface (* or longer still TBD)
- Check Disinfectants - *Not All Work on Viruses*



Wash 20 Seconds!

Avoid Touching Nose –Mouth –Eyes with Unwashed Hands

- Keep a Anti-bacterial wipe in your pocket in a bag
- Use it whenever you touch a surface, Just take it out
- Wipe down surroundings, then back in your pocket.



Don't Touch!

What can I do to prevent myself from getting sick? Do face masks actually work?

Even though many images used for coronavirus-related news coverage show people wearing face masks, the CDC advises healthy people not to wear them.

Sick people, however, should wear masks in order to prevent the spread of germs.

Face masks are also recommended for health care professionals and people who care for individuals with respiratory illness symptoms. WHO recommends a rational use of masks and respirators in order to avoid an unnecessary shortage for people who need them.

Here are protective measures everyone can take, according to the World Health Organization:

- **Wash your hands.** Regularly and thoroughly clean your hands with soap and water in order to kill potential viruses.
- **Stay away from coughing and sneezing.** Stand at least three feet away from a person who is sick to avoid being sprayed with small liquid droplets from their bodies.
- **Avoid touching your face.** The virus can enter your body through your eyes, nose or mouth and make you sick.



What is a coronavirus? Is it the same as COVID-19?

Coronaviruses are a large family of viruses, some of which cause the common cold; others found in bats, camels and other animals have evolved into more severe illnesses.

The coronavirus referenced in news headlines is a newly identified strand, officially named COVID-19.



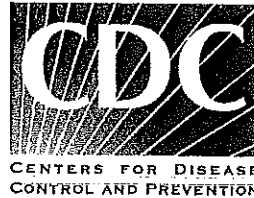
Coronaviruses are responsible for two other recent outbreaks: the 2003 SARS (severe acute respiratory syndrome) outbreak and the 2012 MERS (Middle East Respiratory Syndrome) outbreak.

- Experts believe the novel coronavirus, or COVID-19, is thought to be spread mainly from person-to-person, usually between people who are in close contact with each other - within about 6 feet.
- Since the coronavirus and the flu are both respiratory diseases that means the best way to protect yourself from both is by doing the same preventive types of things:
- Hand hygiene is crucial; that means washing with soap and water for at least 20 seconds after using the bathroom, sneezing or blowing your nose.
- Avoid touching your face, cover your cough, and sneeze into the crook of your arm.
- Try to limit hand-shakes and hugs.
- Experts say it's possible that a person can get sick by touching an object that has the virus on it, then touching their mouth, nose or eyes.
- So, clean surfaces you touch often - like desks, kitchen counters, your phone and your laptop.
- As for face masks, the CDC says it does not recommend healthy people wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Doctors say facemasks should only be worn if you're sick and coughing or showing symptoms.
- Avoid contact with people who are sick and if you're sick, stay home.
- If you have a fever, you're considered contagious for at least 24 hours, so you should stay home until you have not had a fever for at least 24 hours, without the use of an anti-fever medication.
- If you feel sick with a fever, cough or have a hard time breathing, seek medical care right away.



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The CDC recommends that those who are confirmed to be infected or suspect that they could be follow these precautions in order to prevent the spread of COVID-19:

- Remain at home unless you are seeking medical care. Within your home, try to remain in a specific room away from other people and use a separate bathroom if possible. Your doctor will work with health authorities to determine how long you should remain in home isolation.
- Regarding face masks, the agency says those with COVID-19 should "wear a face mask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office." [Click here to learn more about face masks and the new coronavirus.](#)
- Wash your hands with soap and water often, especially after blowing your nose, coughing or sneezing. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Refrain from sharing personal household items like cups, towels and bedding with others in your home.
- Clean high-touch surfaces like counters, phones, bedside tables and toilets daily. Surfaces that are contaminated with body fluids should also be cleaned regularly.
- Seek medical attention if you think your symptoms are worsening.

Special Thanks to: C.D.C – W.H.O. **WABC-TV NYS DOH** John Hopkins University**

Note -The Freeport Fire Department has put this together with the latest information from credible sources available to us. We are not responsible for any errors or misinformation. You are urged to consult your Doctor for any treatment and your personal health situation.



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COVID-19- Resources
Coronavirus Disease 2019



CLICK ON THE LGOS BELOW TO GO TO THAT SITE!

Links for United States CDC site. This is the home page for COVID-19

- It will have lots of links with in the CDC on COVID-19 Topics.



This is the Website for WHO – World Health Organization.

Check out the "Situation Report".

It is the score card of COVID-19 cases for the world.

There are a few other



John Hopkins University pulled real-time data from WHO, the CDC and other government sources to track global cases of COVID-19.

New York State Department of Health

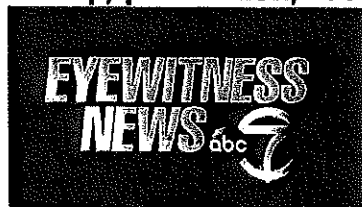


For Desktop

Mobil Link

**Coronavirus News:
What we know about COVID-19
- US map, prevention, cases**

How does COVID19 compared to the Flu? Click Here





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How Contagious is it? It is all about the R0 pronounced "R Naught"

<https://www.livescience.com/new-coronavirus-compare-with-flu.html>

The R0, explained:

With every disease outbreak, epidemiologists try to figure out how far — and how fast — a virus is likely to spread through a population. To do that, they use the **basic reproduction number**, called the "R naught," or R0.

The figure refers to how many other people one sick person is likely to infect on average in a group that's susceptible to the disease (meaning they don't already have immunity from a vaccine or from fighting off the disease before).

The R0 is super important in the context of public health because it foretells how big an outbreak will be. The higher the number, the greater likelihood a lot of people will fall sick.

Measles, the most contagious virus researchers know about, can linger in the air of a room and sicken people up to two hours after an infected person who coughed or sneezed there has left. If people exposed to the virus aren't vaccinated, measles' R0 can be as high as 18.

Ebola is more deadly but much less efficient: Its R0 is typically just 2, in part, because many infected individuals die before **they can pass the virus to someone else.**

There are literally dozens of estimates about Covid-19's R0 floating around, from research groups around the world.

And different research groups use different statistical models, assumptions, and data to plug into their models.

According to a World Health Organization spokesperson, Tarik Jašarević, as of February 17, the estimates of R0 spread are uniformly above 1

(meaning the virus is sustaining itself among humans), and most settle around 2 to 2.5

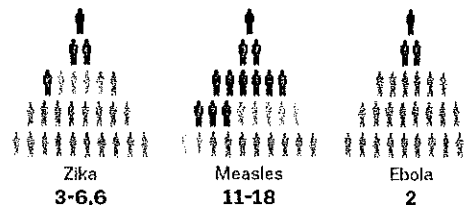
(meaning each infected person is causing two or 2.5 others to become infected).

How contagious is a disease?

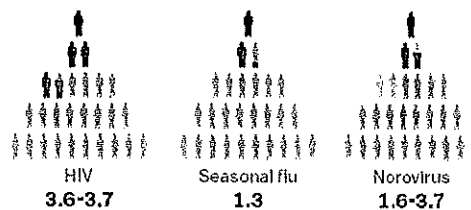
Scientists use "R naught," or R0, to estimate how many other people one sick person is likely to infect.



*This estimate is preliminary and likely to change.



*An early estimate based on the Columbia outbreak in 2014.



*An estimate based on a 2007 study.

SC: JACSA Travel Medicine, PLOS One, JAMA Pediatrics, MDP, NCB, New England Journal of Medicine, The Sarsland Center for Infectious Disease Analysis, and the Region



Vox