Coronavirus-What You Need to Know

The coronavirus has started to create a great deal of anxiety across the U.S. Here's some information to help you stay vigilant and protect yourself.

What is Coronavirus?
The coronavirus (2019-nCoV) has been identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. These illnesses usually only last for a short amount of time. Symptoms reported for patients with 2019-nCoV have included mild to severe respiratory illness with fever, cough, and difficulty breathing, with the most severe cases exhibiting pneumonia-like symptoms.

Human coronaviruses can sometimes cause lower-respiratory tract illnesses, such as pneumonia or bronchitis. This is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults.

How is the Coronavirus Spread?
The growing number of patients over the past several weeks, indicates an exponential person-to-person spread is occurring. The Virus can be infectious during its incubation period of 14 days (before symptoms even begin to show). It is thought to spread mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread and generally between people in close contact.

Basic Prevention
The best way to prevent infection is to avoid exposure. The U.S. Centers for Disease Control and Prevention (CDC) recommends taking some actions to help prevent the circulation of respiratory viruses, including:
- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching eyes, nose and mouths with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when sick.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Traveling Abroad
Currently, there are government warnings discouraging non-essential travel to China and Hong Kong.

For additional information about the Coronavirus below are links to the CDC and WHO
CDC: https://www.cdc.gov/coronavirus/2019-ncov/index.html
WHO: https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public

Action Plan
- If you have recently traveled to China, please contact your Branch representative.
- If you feel you may have come in contact with someone who has contracted the Coronavirus and are exhibiting signs and symptoms of the virus, we would suggest you seek medical care.
- If there is confirmation that you have contracted the virus, please contact Human Resources or your office representative. Recommendation may be that you work from home until a medical professional confirms that you are no longer contagious.

If you have any questions or concerns, please contact Human Resources at askhr@staffmarkgroup.com or your local office representative.