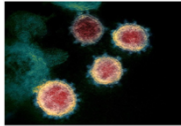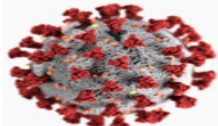# CDC GUIDELINES

WHAT IS IT ...

CORONAVIRUS DISEASE 2019 (COVID-19) is an infectious disease caused by a virus. This virus strain, commonly known as "coronavirus," was first discovered in Wuhan, China in December 2019 and became a global pandemic on March 11, 2020.

Actual Virus   Virus Illustration

- <u>COMMON SYMPTOMS</u> of this disease include **fever**, **coughing** and **shortness of breath**. Some have also experienced **fatigue**, **muscle pain**, **diarrhea**, **sore throat**, **loss of smell** and **abdominal pain**. Disease can progress to **pneumonia** and **multi-organ failure**.
- <u>SYMPTOMS MAY NOT APPEAR</u> for 2-14 days after exposure.
- <u>MOST CONTAGIOUS</u> during the first three (3) days after onset of symptoms.
- <u>HIGH RISK</u>: **Older adults** and people with **diabetes**, **heart or lung disease.**

HOW CAN I GET IT ...

- Transmitted primarily by respiratory droplets from coughs and sneezes within six (6) feet (person to person).
- It can possibly be transmitted thru indirect contact with contaminated surfaces.
- Virus can survive on surfaces for up to 72 hours.
- **THIS VIRUS IS MADE INACTIVE BY SOAP.**

WHEN TO SEEK MEDICAL ATTENTION ...

IF YOU HAVE BEEN EXPOSED TO COVID-19 AND ARE EXPERIENCING ...

- **Trouble breathing, persistent pain** or **pressure in the chest, new confusion or inability to arouse, bluish lips or face ...** or any other symptoms that are severe or concerning.
- If you think you have been exposed to COVID-19 and develop symptoms, such as cough or difficulty breathing, **CONTACT YOUR PRIMARY CARE DOCTOR**
- **CALL 911 if you have a medical emergency**. Notify the operator that you have or think you might have COVID-19.
- **Refer to the Ohio Department of Health COVID-19 Checklist to help you make decisions about seeking appropriate medical care**
  https://coronavirus.ohio.gov/wps/portal/gov/covid-19/checklists/english-checklists/when-you-are-sick
- **If you do not have a primary care doctor,** call the closest Urgent Care or the Cincinnati Health Department Primary Care Health Centers @ (513) 357-7320.
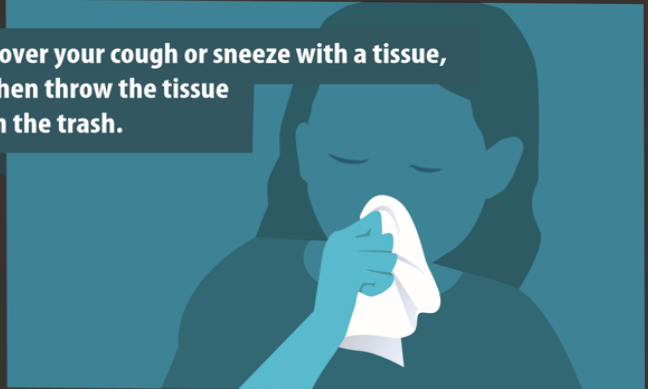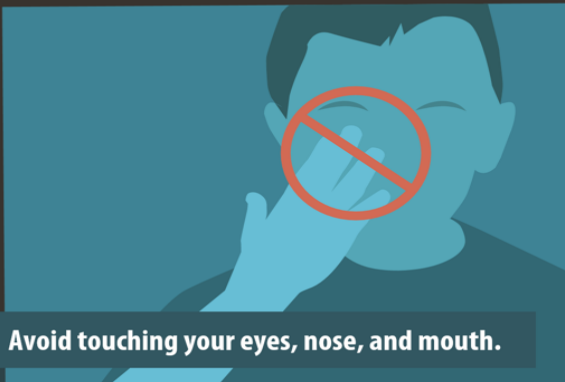
CDC GUIDELINES

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

UPDATE
PER OHIO GOVERNOR

STAY AT HOME OR PLACE OF RESIDENCE

Stay home when you are sick, except to get medical care.

LEAVING ONLY FOR …
- ESSENTIAL ACTIVITIES
- ESSENTIAL GOVERNMENTAL FUNCTIONS
- TO PARTICIPATE IN ESSENTIAL BUSINESSES & OPERATIONS

Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/COVID19

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ADDITIONAL INFORMATION:
https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home
http://www.cdc.gov/COVID19

CDC GUIDELINES

IMPACT ON DENTAL APPOINTMENTS …

- In a statement issued April 1, 2020, the American Dental Association (ADA) called on dentists nationwide to **postpone non-urgent dental procedures** through April 30,2020. This includes:
    - Regular visits for exams, cleanings, x-rays and braces
    - Treatment of cavities or tooth removal that are NOT painful
    - Tooth whitening
- For dental emergencies, contact your dentist office.
- If you don't have a dentist, you can contact the Cincinnati Health Department, they have 3 locations:

Bobbie Sterne Health Center	1525 Elm St.	513-352-2927
Crest Smile Shoppe	612 Rockdale Ave.	513-352-4072
Millvale at Hopple Street Health Center	2750 Beekman St.	513-352-3196

- Dental care that you SHOULD have taken care of by a dentist at this time:
    - Bleeding that doesn't stop
    - Painful swelling in or around your mouth
    - Pain in a tooth, teeth or jawbone
    - Gum infection with pain or swelling
    - After surgery treatment (dressing change, stitch removal)
    - Broken or knocked out tooth
    - Denture adjustment for people receiving radiation or cancer treatment
    - Snipping or adjusting wire braces that causes pain to your cheek or gums
    - Biopsy of abnormal tissue
- Even during this pandemic, it's important to **MAINTAIN GOOD ORAL HYGIENE HABITS.** Learn how to care for your mouth when your sick …
  https://www.mouthhealthy.org/en/az-topics/c/cold-and-flu-season