

## COVID-19 Talking Points for LPH

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There is an expanding global outbreak of respiratory illness called COVID-19 caused by a novel (new) coronavirus. Community spread is being detected in a growing number of countries and cases have been identified in a number of communities with U.S.

### There are three presumptive positive cases of COVID-19 in Iowa.

- The individuals are from Johnson County.
  - One middle-age (41-60 years) adult and two older adults (61-80).
  - None required hospitalization and are recovering.
  - All three cases are associated with travel on a cruise in Egypt.
- IDPH provides updates on persons being monitored, tested and test results every Monday through Friday on the department's COVID-19 webpage: <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>.
  - Remember there are seven different coronaviruses, and four of these are common.

### Public health efforts are focused on both containing the spread of the virus and mitigating its potential impact.

- We are working closely with the Iowa Department of Public Health and the CDC, as well as local public and private partners to respond to and mitigate the spread of COVID-19.
- Currently, individual risk of COVID-19 is dependent upon exposure.
  - This includes travelers returning from affected international locations where community spread is occurring. These locations are updated by the CDC and may be found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

### Everyone can do their part to help respond to this emerging public health threat.

- Every-day prevention methods are very important:
  - **Wash your hands frequently.**
  - **Stay home if you are ill.**
  - **Cover coughs and sneezes with a tissue.**
- Perform routine cleaning.
  - Routinely clean frequently touched surfaces (e.g., doorknobs, light switches, countertops) with the cleaners typically used. Use all cleaning products according to the directions on the label.
- Individuals and communities should prepare for COVID-19.
  - We are working with schools and businesses to make plans for potential absences due to illness.
    - We recommend consideration of flexible schedules and tele-working or learning options.
    - We recommend flexible sick leave policies to care for individuals and their families.
    - We do not recommend the requirement of a doctor's note for sick leave.

Individuals should make a plan with their families.

Gerd W. Clabaugh, Director

Kim Reynolds, Governor

Adam Gregg, Lt. Governor

- This is similar to plans for other events, like severe storms, that could interrupt normal activities.
  - Individuals should consider plans if schools or businesses needed to close to modify their schedules.
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- The Iowa Dept. of Public Health has many targeted recommendations for schools, businesses, long-term care facilities and more at <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>.

**If you have recently been to an area with ongoing spread of COVID-19 or have been exposed to someone sick with COVID-19 in the last 14 days, you may face some limitations on your movement and activity. Please follow public health instructions during this time.**

- The Iowa Department of Public Health (IDPH) has requested Iowans returning from a country where novel coronavirus (COVID-19) is spreading to voluntarily self-isolate for 14 days following their return. Areas in this travel notice currently include:
  - Italy
  - Japan
  - South Korea
- Public health authorities, in accordance with the President's Task Force on Coronavirus are mandatorily monitoring travelers from:
  - Mainland China
  - Iran
- Your cooperation is integral to the ongoing public health response to try to slow spread of this virus.
- If you develop COVID-19 symptoms, contact your healthcare provider, and tell them about your symptoms and your travel or exposure to a COVID-19 patient BEFORE you go to the clinic or office.
  - Symptoms of COVID-19:
    - Fever
    - Cough
    - Shortness of breath