



Old Values-New Horizons
TOWN OF WINDHAM, NEW HAMPSHIRE
WINDHAM EMERGENCY MANAGEMENT
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INFORMATIONAL BULLETIN

Date: March 11, 2020 (*Updated March 12, 2020*)

RE: **Coronavirus Disease 2019 (COVID-19)**

The Office of Emergency Management would like to assure both residents and visitors that we are actively monitoring the Coronavirus Disease 2019 (COVID-19) and are in constant communication with the Centers for Disease Control (CDC), the World Health Organization (WHO), the New Hampshire Department of Health and Human Services (DHHS) Division of Public Health, in conjunction with other officials from; the Fire Department, Police Department, School District and Board of Selectmen. This collaboration will ensure a prompt and coordinated response should the COVID-19 virus become a factor within our community.

What is 2019 novel coronavirus?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

How does 2019-nCoV spread?

The exact way the virus is spread is not fully known. With similar coronaviruses (MERS and SARS), person-to-person spread is thought to have happened mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other viruses that cause respiratory illness spread. There also may be some spread when a person touches a surface or object that has virus on it and then touches his or her own mouth, nose, or possibly their eyes. Spread of SARS and MERS between people has generally occurred between close contacts. There is much more to learn about 2019-nCoV and investigations are ongoing.

What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

If you traveled to/from countries with a COVID-19 Travel Advisory and develop symptoms of a fever or respiratory illness within 14 days of your travel, contact your health care provider ***before*** going to their office or the emergency department, and tell them about your recent travel and symptoms. You can also contact the NH Division of Public Health Services at 603-271-4496 if you have any question.

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Follow the CDC's recommendations for using facemask.
 - ✓ CDC **does not** recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including the 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 healthcare workers and people who are taking care of someone in close settings, whether at home or in a healthcare facility.

If you are sick, to keep from spreading respiratory illness to others, you should:

- 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.

Is there a vaccine?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

Is there a treatment?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCoV can seek medical care to help relieve symptoms. Those who think they may have been exposed to COVID-19, should contact their healthcare provider immediately.

Information regarding COVID-19 is changing daily along with recommendations from public health and government officials. We ask that you monitor the following websites frequently for the most up-to-date information:

www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm

www.cdc.gov/coronavirus/2019-ncov/index.html

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/index.html>

<https://www.who.int/health-topics/coronavirus>

Respectfully,



Thomas McPherson Jr.
Fire Chief/Emergency Management Director