

Coronavirus Information

Coronavirus is a family of viruses that has been around for a long time. It typically causes cold symptoms including runny nose, sneezing, sore throat, cough and mild fever. Most people get over the illness without any problems.

This coronavirus originating in China (COVID-19) is posing a concern because it is completely new. Therefore, as a community, people have no immunity to help fight this virus. Cases are concentrated in China although other countries are starting to report cases.

Symptoms for COVID-19 include fever, cough, and difficulty breathing. Most people have recovered from the illness. To date, there have been 81,000 confirmed cases worldwide and 2770 deaths reported. 98% of affected patients recover and most of the deaths occurred in patients with underlying medical problems (chronic diseases and weak immune systems).

What you need to know:

- Symptoms mimic the flu.
- There is **no vaccine** available YET. Research is ongoing to develop one, but it takes time.
- **Antibiotics do NOT work** against this virus. There are no effective medicines available now, but work is ongoing to develop medication.
- **Doctor's office do NOT have a test** yet to diagnose this virus. This should change in the coming weeks. Only the health department or CDC can confirm cases of COVID-19.

How can you protect yourself and others:

- Wash your hands frequently and avoid touching your face, eyes, nose, mouth.
- Sneeze into your elbow or a tissue and not your hands.
- Eat the right foods, keep a healthy diet high in fruits and vegetables to keep your immune system working properly.
- Get a good night's sleep again to help your body's immune system stay strong.
- Inform the school office if you have traveled to a high-risk area (China, Italy, Iran, Japan, South Korea) or have come in contact with person who traveled there.
- Stay home if you have traveled to a high-risk area or come in contact with a person who traveled to a high-risk area and are feeling sick with fever, body aches, sore throat, or difficulty breathing. Seek medical care by phone and notify your health professional of your travel and symptoms.

2/26/20 -- This information will be updated as we learn more. Check back on our website www.whiteoakpediatrics.com for any updates as they come available.

