

News from Lancaster County, Pennsylvania

Coronavirus Disease COVID-19

WHAT IS COVID-19?

CoVID-19 is a respiratory illness that can spread from person to person just like the flu or a cold:

- Through the air by coughing or sneezing
- Close personal contact, like touching or shaking hands
- Touching an object or surface with the virus on it
- Occasionally, through fecal contamination.

The virus that causes CoVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

STAY INFORMED

- Pennsylvania Department of Health: <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>
- Personal Preparedness: <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>
- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Lancaster County Emergency Management Agency: <https://www.lancema.us/>
- Lancaster County Emergency Management Facebook: <https://www.facebook.com/LancasterCoPAEMA>

WHAT CAN YOU DO?

Lancaster County recommends taking the following actions to help prevent the spread of CoVID-19:

- Clean hands with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover nose and mouth when coughing and sneezing.
- Avoid touching your face, eyes, and nose.
- Clean surfaces frequently with a cleaner such as bleach wipes.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Stay home and consult a healthcare provider if you are sick.
- Do not return to work until you are fever-free (under 100.4°) for 24 hours without the use of fever-reducing medication.

TRAVEL INFORMATION

If you or your family has travel plans in place, you can stay up-to-date with current travel guidance from the CDC at:

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

Original message: <https://co.lancaster.pa.us/1296/Coronavirus-Disease-COVID-19>