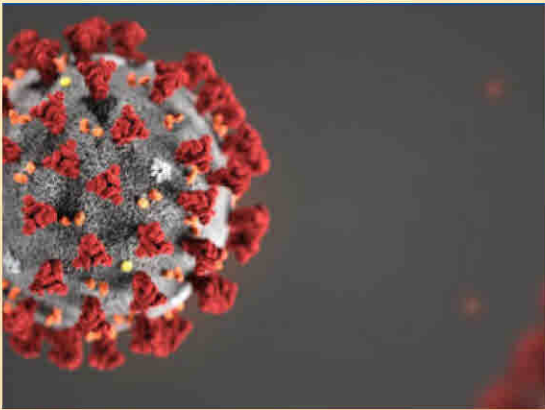


# CORONAVIRUS NEWS

~ Dr. Padma, March 7th, 2020



Data last updated 6pm March 7, 2020

**Total Positive Cases in New York State: 89;**

**2 cases positive in Saratoga**

**SYMPTOMS: May appear 2-14 days after exposure**

**\*cough \*fever \*trouble breathing \*pneumonia**

**Call ahead before you go to a doctor's office or emergency room. Tell your doctor about your recent travel and your symptoms. Avoid contact with others.**

## How Does Novel Coronavirus Spread?

Most cases are now likely to be spread from person to person by droplets when coughing. Since this virus is very new, health authorities continue to carefully watch how this virus spreads.

## What Can You Do to Prevent Its Spread

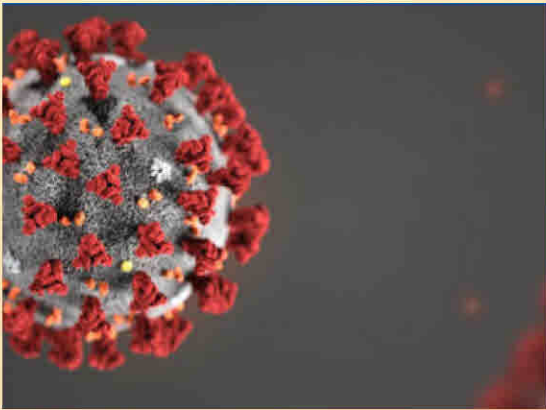
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## If you recently traveled to China, South Korea, Iran or Italy and feel sick with fever, cough or trouble breathing:

- Take your temperature with a thermometer two times a day, Watch for cough or trouble breathing. Wash your hands often.
- Stay home and avoid contact with others. Do not go to work or school for a 14-day period.
- Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
- Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public. Keep your distance from others (about 6 feet or 2 meters).

# CORONAVIRUS NEWS

~ Dr. Padma, March 8th, 2020



**SYMPTOMS:** *May appear 2-14 days after exposure*

\*cough \*fever \*trouble breathing \*pneumonia

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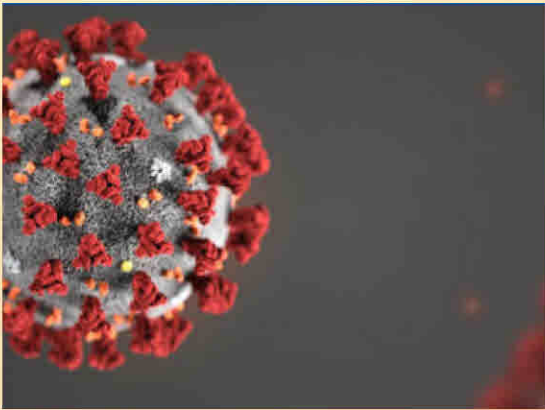
## COVID-19: Problems for our Vulnerable groups

Older Americans and those with health problems should practice social distancing- avoiding crowds, "especially in poorly ventilated spaces."

For most people, the flu-like viral illness causes only mild or moderate symptoms, such as fever and cough. But — like the flu — it can cause pneumonia and be much more lethal to people made frail by old age and by conditions that make it harder for their bodies to fight infections.

# CORONAVIRUS NEWS

~ Dr. Padma, March 9th, 2020



**SYMPTOMS:** *May appear 2-14 days after exposure*

\*cough \*fever \*trouble breathing \*pneumonia

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## Current Risk Assessment

- For most people, the immediate risk of being exposed to the virus that causes COVID-19 is thought to be low.
- People in places where **ongoing community spread** of the virus has been reported are at elevated risk of exposure, with increase in risk dependent on the location.
- **Healthcare workers caring for patients** with COVID-19 are at elevated risk of exposure.
- **Close contacts** of persons with COVID-19 also are at elevated risk of exposure.
- **Travelers returning** from affected international locations where community spread is occurring also are at elevated risk of exposure, with increase in risk dependent on the location.