COVID-19'S IMPACT AND HOW TO PROTECT YOURSELF

A cornerstone of the Clinton Foundation's mission is to improve public health, and we are committed to helping confront and adapt our programmatic work to address the new challenges we face. The COVID-19 pandemic is forcing all of us to change the way we work, our social interactions, and our thinking about how best to safeguard everyone's health, particularly those who are most vulnerable in our families and in our communities.

We must all do our part to safely protect our health and the health of others, and we hope this information is helpful as we all navigate this unprecedented pandemic. Please note that as data and information continues to emerge you should visit the Centers for Disease Control and Prevention (CDC).

WHAT IS A CORONAVIRUS?

Coronaviruses (often referred to as COVID) are a large family of viruses which may cause illness in humans. Coronaviruses are often known to cause respiratory infections ranging from the common cold to more severe diseases. Two COVID viruses that many will remember were the Middle East Respiratory Syndrome (MERS) in 2012 and the Severe Acute Respiratory Syndrome (SARS) in 2003.

WHAT IS COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease and the 19 at the end in this case means that it was discovered in 2019.

Symptoms people may experience include:

- Fever
- Cough
- Tiredness
- Shortness of breath
- Sore throat

Emergency warning signs include:

- Trouble breathing
- Bluish lips or face
- New confusion or inability to arouse
- Persistent pain or pressure in the chest

#1 WAY TO SUPPORT PROVIDERS?

Help Flatten the Curve

- In epidemiology, the curve refers to the projected number of new cases over a period of time. The idea of flattening the curve is to stagger the number of new cases over a longer period, so hospitals are less overwhelmed, and that people have better access to care.
- This means, **staying home and practice social distancing.** Listen to recommendations by public health experts to stop the spread.

For the latest information, visit Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).

This list is not all inclusive. Please seek medical help for any other symptoms that are severe or concerning.

⚠ **If you develop emergency warning signs for COVID-19 get medical attention immediately by calling your doctor or in an emergency, 911.**

Protect Yourself and Others

Clean your hands often — wash your hands often with soap and water for at least 20 seconds.

If soap and water are not available, use a sanitizer that contains at least 60% alcohol.

Avoid close contact — practice social distancing by staying at least six feet away from others and do not shake hands.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Stay home if you're sick or are experiencing symptoms.

Cover coughs and sneezes with a tissue or the inside of your elbow.

Clean and disinfect frequently touched surfaces — tables, doorknobs, light switches, countertops, handles, phones, keyboards, faucets, sinks, etc. daily.

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