

Coronavirus COVID-19



Coronavirus
COVID-19
Staff health
advice

What is COVID-19, and how bad is it?

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person in many countries, including the United States. Health experts are concerned because little is known about this new virus.

At this time, there are a small number of cases in the U.S. Reported cases range from mild illness (like a normal cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

How can I help prevent?

Here are 4 everyday measures that can help prevent you from getting COVID-19 or spreading it to others. They should be practiced by **all people in IRC**, in **all** locations, at **all times**.



Wash

your hands often, using soap and water or alcohol-based hand rub. Avoid touching your face, unless your hands are thoroughly cleaned.



Cover

mouth & nose when coughing and sneezing. Discard any used tissue immediately and wash hands.



Avoid

close contact with anyone who has cough or fever. Maintain at least three feet / one metre distance.



Stay home

if you feel sick with fever or cough. Follow guidance from your local health authorities and notify your manager.

Please note:

- Masks are NOT advised: except for those who are ill or health care workers caring for the sick
- Follow your local government's guidance: staff should first follow local government advice and restrictions. Where they don't exist, follow the IRC's guidance

Symptoms:

- A cough
- Shortness of breath
- Breathing difficulties
- Fever (high temperature)