

# **Mandatory Stand-Up Talk**

**May 1, 2020**

## **Updates from CDC**

### **New information on COVID-19 symptoms and transmission**

The Centers for Disease Control and Prevention (CDC) has updated its guidance regarding Coronavirus Disease 2019 (COVID-19) symptoms.

It is important to note that no two people are the same when it comes to COVID-19 symptoms. According to CDC, infected individuals have reported a wide range of symptoms, ranging from mild symptoms to severe illnesses. Some infected individuals have not had any symptoms.

CDC says that COVID-19 symptoms may appear within 2-14 days after exposure to the virus and the symptoms may include one or more of the following:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

CDC advises you to seek medical attention immediately if you have any of the following emergency warning signs:

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

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This list is not all inclusive. CDC recommends that you consult with your medical provider for any other symptoms that are severe or concerning to you.

In addition, CDC has updated its frequently asked questions (FAQs) regarding coronavirus and the mail. These FAQs can be accessed at [cdc.gov/coronavirus/2019-ncov/faq.html](https://www.cdc.gov/coronavirus/2019-ncov/faq.html).

CDC states there is still a lot that is unknown about how COVID-19 and how the virus spreads. Coronaviruses are thought to be spread most often by respiratory droplets. Although the virus can survive for a short period of time on some surfaces, both CDC and the United States Surgeon General have indicated that it is unlikely to be spread from domestic or international mail, products or packaging.

It may be possible that people can get COVID-19 by touching a surface or object that has the virus on it and then touching their mouth, nose or eyes. However, this is not thought to be the main way the virus spreads.

CDC reminds us the best way to prevent infection is to avoid being exposed.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.
- 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 with at least 60-percent alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Stay home if you are sick.

For current information and more details, visit [coronavirus.gov](https://www.coronavirus.gov).

Thank you for listening.

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