

# Coronavirus (COVID19)

## What You Need to Know

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. Coronavirus (COVID-19) is present in Alaska as of March 12, 2020.

## What are the symptoms?

Symptoms of the Coronavirus (COVID-19) are fever, shortness of breath and coughing. These symptoms can be associated with a number of illnesses including the Influenza (flu).



Fever



Cough



Difficulty Breathing



Severe Illness

## How can we prevent the spread of illness?

Many of the preventative actions that programs take to stop the spread of the cold and flu can also help prevent the spread of coronavirus and other respiratory illnesses:

- Encourage residents (including children) not to touch their eyes, nose, and mouth.
- Keep hand sanitizer with at least 60% alcohol and disinfecting wipes readily available for shelter residents to use frequently.
- Frequently wipe down commonly used surfaces with disinfecting wipes or cleaners.
- Promote frequent hand washing with soap (including children) for at least 20 seconds before eating, after going to the bathroom, changing diapers, coughing or sneezing. Use hand sanitizer when hand washing is not possible.
- Encourage staff and residents to cover their cough or sneeze with a tissue and then immediately throw away the tissue in the trash.
- Clean and disinfect shelter rooms in preparation for the next residents.
- Staff who are sick with the cold or flu should stay home until they are well.

## Where should we go for more information?

**Council on Domestic Violence  
& Sexual Assault**  
(907) 465-4365  
[dps.alaska.gov/CDVSA](https://dps.alaska.gov/CDVSA)

**Alaska Department of  
Health and Social Services**  
[dhss.alaska.gov](https://dhss.alaska.gov)

**Center for Disease Control (CDC)**  
[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

  
**ANDVSA**  
Alaska Network on Domestic Violence  
& Sexual Assault

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