



## City of Alameda Coronavirus (COVID-19) Fact Sheet

The City of Alameda is closely monitoring the coronavirus outbreak and is working with health and public safety officials and local partners to be prepared. We know there is a lot of information being published and it can be confusing. It is important to know that while the Centers for Disease Control and Prevention (CDC) consider the coronavirus a serious public health threat, the immediate health risk to the general public is considered low. However, the risk to the broader community is an important factor to consider as you take steps to **prevent, prepare, and protect** yourself and our community by reducing the spread of the disease.

### **PREVENT**

COVID-19 is a respiratory illness that can spread from person to person. The virus is thought to spread mainly to people who are in close contact with one another through respiratory droplets produced when an infected person coughs or sneezes. Everyone plays a role in helping *prevent* the spread with simple, everyday actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 using a household cleaning spray/wipe.
- Wash your hands often with soap and water for at least 20 seconds.

### **PREPARE**

Keep nonperishable food and medicine on hand and follow regular flu prevention strategies. Think about a back-up plan if schools are closed. Learn about your employer's emergency planning. Additional guidance is on the CDC's website [here](#).

**Help stop fear.** Diseases can make anyone sick regardless of race or ethnicity. Let people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**Be prudent with resources.** Stockpiling supplies prevent healthcare providers from getting what they need to care for sick patients and puts them and our community at risk. The CDC does not recommend that people who are well wear a facemask.

### **PROTECT**

**Protect your physical health.** According to a 2015 scientific study, we touch our face 23 times an hour. Avoid unnecessary contact including handshaking. Instead try waving, nodding, or doing an elbow or fist bump. Be mindful when touching everyday items and be sure to wash your hands after each contact.

**Protect your mental health.** The Alameda County Behavioral Health Department urges the importance of managing emotional health during uncertain times. It is important to only share factual data or updates and avoid making statements that increase stress and anxiety. To ease emergency related stress:

- Talk with someone about your feelings even though it may be difficult.
- Do not hold yourself responsible for what is happening or be frustrated because you cannot directly help.
- Protect your own physical and emotional health by healthy eating, rest, exercise, relaxation, and meditation.