

Knowledge is Power

Greetings from the PrimeCare Medical Behavioral Health Team

In the last month a lot has changed in our world, our country and our lives.

We realize and appreciate that this situation is very challenging for you and we want to assure you that we are working with the custody administration and staff to address the physical and mental health concerns of each and everyone of you. We must address these concerns within the constraints of containing the virus. We are doing everything in our power, based on the recommendations from our leaders and the CDC.

We appreciate your endurance throughout this emergency.

Through this newsletter we wanted to provide you with information as well as suggestions for your Mental Health.

COVID-19

Coronavirus Disease 2019 (COVID-19) is a virus (more specifically coronavirus) identified as the cause of an outbreak of respiratory illness first identified in Wuhan, China.

I know you've heard of the Coronavirus (COVID-19) and probably have more questions than answers.

- How do you get Coronavirus?
- What are the symptoms of Coronavirus?
- Is there a vaccine for Coronavirus?
- Is there a cure for Coronavirus?

How do you get the Coronavirus?

Coronavirus is a droplet borne illness. This means that the virus is spread through droplets that are generated when an infected person coughs, sneezes or discharges droplets through spitting or the nose.

What are the symptoms of Coronavirus?

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus (COVID-19) cases.

The following symptoms of coronavirus may appear

2-14 days after exposure:

Fever	chills
cough	diarrhea
shortness of breath	chest pain
headache	pneumonia
sore throat	loss of taste or smell
rapid heart rate	

Is there a vaccine for Coronavirus?

There is no vaccine for coronavirus at the moment, but many nations are working on developing a vaccine for the public. However, it may take over a year to create, test, and distribute a vaccine for coronavirus.

What about a cure for Coronavirus?

As with other forms of the flu, there is no cure. There are supportive steps that assist with the symptoms.

PREVENTATIVE MEASURES

What can you do to help prevent the spread of Coronavirus?

- Wash your hands frequently
- Cover your mouth when you cough or sneeze

If provided, wear a mask when out of your cell. **What is your institution doing to help prevent the spread of Coronavirus?**

- Temperature checks of all staff entering the building
- Having staff wear masks during their shifts
- Limiting movement between housing units
- Limiting out of cell time to enhance social distancing (keeping 6 or more feet between people)
- Temperature checks of people on the housing unit
- Quarantining symptomatic people on the unit

