



COVID 19: Helpful Information for ACES Staff and Families

COVID 19 is a respiratory illness caused by a novel (new) virus that can easily spread from person to person. The main symptoms of COVID-19 are: Fever (temperature of 100.4 or above), cough, and shortness of breath.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>
(English Version)

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms-sp.pdf>
(Spanish version)

1. How can I minimize my / my family's chances of getting sick?

Steps to prevent Covid-19 <https://www.youtube.com/watch?v=qPoptbtBjkq>

The most important things we should all be doing include:

- **Proper and Frequent Handwashing for at least 20 seconds, particularly after touching shared objects or surfaces.**

<https://www.youtube.com/watch?v=d914EnpU4Fo>

https://www.youtube.com/watch?v=XHISh559oho&feature=emb_rel_end

- **Social Distancing:** Stay at least *6 feet apart* from others at all times.
- **Environmental Cleaning:** Clean surfaces, doorknobs, cabinet and sink handles, cell phones, laptops, tables, counters, car keys, tv remotes, etc. with proper disinfectants and as per the manufacturer's label.
- **Proper handling of materials that come into your home:** Groceries, purchases, mail, and other deliveries. Wait 24 hours to touch paper/cardboard. Disinfect. Wash your hands. <https://foodsafety.ces.ncsu.edu>

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2. What should I do if someone in my family or I get sick?

Manage Covid-19 at home <https://www.youtube.com/watch?v=qPoptbtBjkq>
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-ncov-fact-sheet.pdf>

How families and roommates can effectively self-quarantine and self-isolate: <https://hub.jhu.edu/2020/03/23/how-to-self-quarantine-self-isolate/>

- **Stay home**
- **Call your Primary Care Provider** (Doctor, nurse practitioner, PA) and let them know you think you may have COVID 19. Follow their recommendations for treatment. Call again if your symptoms are worsening.
- **Monitor your symptoms:** Check your temperature, watch for worsening cough, difficulty breathing, shortness of breath, pain or pressure in your chest. Rest and Drink plenty of fluids to stay hydrated. Stay away from others. Cover your cough or sneeze. Practice good handwashing. **Seek emergency treatment** if you develop shortness of breath, persistent chest discomfort, new confusion, or bluish discoloration of lips or face or are in distress, **CALL 911**. Tell the operator you may have COVID 19. Put on a mask if available.
- **Environmental Cleaning** (see above). Avoid sharing space or objects. If possible, use a separate bathroom.

If you have additional questions or concerns, send a confidential email to SAFETY@aces.org. We will answer within 24 hours, typically sooner.

Thank you,
ACES Nurses

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