

## Public Health Advisory: Novel Coronavirus (COVID-19)

### Background

The Centers for Disease Control and Prevention (CDC) is closely monitoring an outbreak of a new coronavirus (COVID-19) in Wuhan City, Hubei Province, China. Patients with confirmed COVID-19 infection exhibited mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath. The virus spreads from person to person via respiratory droplets generated when a person coughs or sneezes. Transmission also occurs when a person touches a surface (i.e. desk) where the virus is present and then touches his/her eyes, nose, or mouth before washing their hands. There is no antiviral treatment or vaccine to combat COVID-19. The best way to prevent becoming ill is to frequently wash hands, cough into a tissue or your elbow, disinfect surfaces on a routine basis, and remain at home if sick. As of 19 March 2020, the United Kingdom has had 2,626 confirmed cases and 103 deaths. There have been no confirmed cases of a positive COVID-19 infection at RAF Alconbury.

### Recommendations

- The immediate health risk to the general public according to gov.uk guidance has recently been raised to high.
- Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.
- Put used tissues in the bin immediately and wash your hands afterwards.
- To the best of your ability it is advised that you avoid contact with people as much as possible. When you are in public we recommend you practice social distancing (keep a 6 ft distance between yourself and others).
- If you or someone in your household develops a new cough or fever, stay home and self-quarantine. **IF YOU OR YOUR HOUSEHOLD ARE QUARANTINING AT HOME YOU MUST ALERT YOUR CHAIN OF COMMAND.**
- Visit [501csw.usafe.af.mil](http://501csw.usafe.af.mil) for the most up to date information about what is happening with COVID-19 on base.
- Additional resources available are:
  - Public Health England <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>
  - Center for Disease Control (CDC) <https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

### 423d MDS Contact Information

If you are feeling sick, ill or present a fever of 100.4 or higher please contact your health care provider immediately. All beneficiaries and active duty members may call the appointment line at 268-2273 to leave a telephone consult for their provider. For any emergencies such as difficulty breathing, chest pain, or other concerning symptoms, please go directly to the nearest Emergency Department.

Please **DO NOT** report to the MTF without an appointment.

The 423d MDS is opened Monday thru Friday: 0800-1700 hrs. The clinic is closed on weekends and Federal holidays.