

UNCLASSIFIED



MARTA Police Department Emergency Preparedness Bulletin

Novel Coronavirus (2019-nCoV)

ATTENTION – MARTA EMPLOYEES

Update: February 27, 2020

Public health officials – including the World Health Organization, the Centers for Disease Control and Prevention (CDC), and our local Health Departments – are closely monitoring an outbreak of a respiratory illness caused by a novel (new) coronavirus (termed “2019-nCoV”) that was first identified in Wuhan, Hubei Province, China and reported in December 2019. Infections with 2019-nCoV are being reported in a growing number of countries across the world, including fourteen (14) confirmed cases in the United States, all of whom have had recent travel to China. *(This number does not include individuals transported back to the United States. That total is 45).*

2019-nCoV has not been previously identified by public health officials. It is now known to spread from people to people. Symptoms of 2019-nCoV can include fever, cough, and shortness of breath and may appear in as few as 2 days or as long as 14 days after exposure. If you experience symptoms, immediately contact your personal physician and follow their instructions.

How Can You Protect Yourself and Your Family?

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. However, the CDC recommends everyday preventive actions to help avert the spread of respiratory viruses such as the 2019-nCoV, influenza, and the common cold. This includes:




- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cough and sneeze into your elbow, not your hand. Alternatively, cough or sneeze into a tissue, then throw the tissue in the trash and wash your hands.
- Clean and disinfect frequently touched objects and surfaces such as keyboards, mobile telephones, and steering wheels.
- Stay at home if you are sick.

MARTA is currently monitoring CDC updates and participating in frequent local government, national transit, and federal calls to remain abreast of current strategies to mitigate the spread of the coronavirus. Employees who have additional questions or concerns should refer to the CDC web site at <https://www.cdc.gov/coronavirus/2019-nCoV>.

COVID-19: Confirmed Cases in the United States*	
Travel-related	12
Person-to-person spread	2
Total Confirmed Cases	14
Total Tested	445

* As of February 23, 2020, there have been 14 cases diagnosed within the United States with the following breakdown: (1) one case in Arizona, (8) eight cases in California, (2) two cases in Illinois, (1) one case in Massachusetts, (1) one case in Washington, and (1) case in Wisconsin.

Prevention methods are similar to that of influenza. The following will provide guidelines to minimize risk.

 <p>What are the symptoms of flu?</p>	 <p>When should you seek emergency care?</p>	
<ul style="list-style-type: none"> Fever* Cough Sore throat Runny or stuffy nose Body aches Headache Chills Fatigue Sometimes vomiting and diarrhea <p><small>*Signs of fever include chills, feeling very warm, flushed appearance, or sweating.</small></p>	 <p>Emergency symptoms for CHILDREN:*</p> <ul style="list-style-type: none"> Fast breathing or trouble breathing Bluish skin color Not drinking enough fluids Not waking up or not interacting Being so irritable that the child does not want to be held Flu-like symptoms that improve but then return with a fever and a worse cough Fever with a rash <p><small>*Additional emergency signs for infants include being unable to eat, no tears when crying, and significantly fewer wet diapers than normal.</small></p>	 <p>Emergency symptoms for ADULTS:</p> <ul style="list-style-type: none"> Difficulty breathing or shortness of breath Pain or pressure in the chest or abdomen Sudden dizziness Confusion Severe or persistent vomiting Flu-like symptoms that improve but then return with a fever and a worse cough

Take Action to Help Slow the Spread of Flu and Illness

CDC has developed recommended actions for preventing the spread of flu in household settings. Practice *everyday preventive actions* at all times. Plan for additional community NPI actions that may be recommended by public health officials, if a flu pandemic occurs. The **Before**, **During**, and **After** sections of this guide offer suggested strategies to help you plan for and implement these recommendations.

EVERYDAY PREVENTIVE ACTIONS

Everyone should always practice good personal health habits to help prevent flu.



Stay home when you are sick. Stay home for at least 24 hours after you no longer have a fever or signs of a fever without the use of fever-reducing medicines.



Cover your coughs and sneezes with a tissue.



Wash your hands often with soap and water for at least 20 seconds. Use at least a 60% alcohol-based hand sanitizer if soap and water are not available.



Clean frequently touched surfaces and objects.



NPIs RESERVED FOR A FLU PANDEMIC

*Everyone should be prepared to take these additional actions, if recommended by public health officials.**

For everyone:



Avoid close contact with others. Keep a distance of at least 3 feet.



Stay home if someone in your house is sick.

For sick persons:



Create a separate room for sick household members.



Use a facemask, at home or out in public.



Avoid sharing personal items.



Postpone or cancel your attendance at large events.

*These additional actions might be recommended for severe, very severe, or extreme flu pandemics.

