

General Wellness tips during Coronavirus Outbreak

The last few weeks have been trying times for us all as we adjust to the daily changes needed to help us stay well during the COVID-19 outbreak. While many of us are familiar with best practices to keep healthy during cold and flu seasons, it's important for us to stay up to date with the latest guidelines and recommendations from leading healthcare organizations, including the World Health Organization and Centers for Disease Control as it relates to the COVID-19 outbreak.

We know many are nervous about the unknown, but by keeping informed you can be in a better position of taking care of yourself and your family.

What is Coronavirus (COVID-19)

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

The Facts

Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at:

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

What to do if you are sick

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and immediately wash your hands
- Clean and disinfect frequently touched objects and surfaces
- Stay home except to get medical care
- Put distance between yourself and other people (Social Distancing = 1metre or 3 feet)
- Wash your hands often with soap and water for at least 20 seconds. If soap and water is not available, use a hand sanitizer that contains at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Wear a facemask if you are sick and are around other people. A facemask is not necessary unless you are caring for someone that is sick



Common Misconceptions

This chance of getting the Coronavirus will lessen as weather gets warmer and spring arrives.

FACT: No. The new Coronavirus can be transmitted in areas with hot and human climates

From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather. Cold weather and snow cannot kill the new coronavirus either.

Ultraviolet disinfection lamps and hand dryers kill the virus

FACT: No.

Hand dryers and ultraviolet disinfection lamps do not kill the virus

Can spraying alcohol or chlorine all over your body kill the coronavirus?

FACT: No.

Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth).

Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Can antibiotics and vaccines against pneumonia protect you against the new coronavirus?

FACT: No.

Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus. The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and World Health Organization is supporting their efforts. Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health. Antibiotics do not work against viruses, only bacteria. The new coronavirus is a virus, and therefore antibiotics should not be used as a means of prevention or treatment.

The new coronavirus only affects older people

FACT: No.

People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus. World Health Organization advises people of all ages to take steps to protect themselves from the virus, for example by following good hand hygiene and good respiratory hygiene.



Resources

World Health Organization

Advice for Public – Coronavirus Disease 2019

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Centers for Disease Control and Prevention

Coronavirus Disease 2019 (COVID-19)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Your health and safety is ADP's number one priority, so by following these best practices we can all get through this together.

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