

COVID-19 (CORONAVIRUS) INFORMATION BRAD WADE

MONDAY, MARCH 30, 2020

Call (877) 215-8336 for the statewide COVID-19 call center.

The Town of Braggs primary partner in preparing for and responding to COVID-19 (coronavirus) is the [Muskogee County Health Department](#). The Pittsburg County Health Department works closely with the [Oklahoma State Department of Health \(OSDH\)](#) and [U.S. Centers for Disease Control and Prevention \(CDC\)](#).

Current Situation

COVID-19 is a virus identified as the cause of an outbreak of respiratory illness first detected in Wuhan City, Hubei Province, China in 2019 and has since spread globally into a pandemic. Symptoms of COVID-19 include fever, cough, and shortness of breath. While roughly 80% of cases report mild symptoms, some progress into severe pneumonia and multi-organ failure and can lead to death. Current data indicates the risk of death for those contracting COVID-19 notably increases for individuals above the age of 60 or for individuals with autoimmune conditions. On January 11, 2020, the first set of individuals in the [United States](#) tested positive for COVID-19. The virus has since spread across all 50 states and the number of individuals testing positive for COVID-19 continues to rapidly grow each day.

Local guidance

Information and recommendations from the Oklahoma State Department of Health (OSDH):

- COVID-19 is in Oklahoma, and more cases are expected.
- Public health officials advise against all cruise travel.
- Older adults and people with chronic illness should avoid all non-essential air travel. They are at a higher risk for a more severe infection.
- Take social distancing precautions like teleworking and avoiding large gatherings.
- [Oklahoma response information](#)

Preparation and prevention

- Here's [a guide from the CDC](#) about preparing your household.
- Avoid close contact with people who are sick. Stay home and avoid contact with others when you are sick.
- Avoid touching your eyes, nose and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- [Wash your hands](#) often with soap and water for at least 20 seconds. Try singing "Happy Birthday" twice, because that's about how long it takes. It's especially

important to wash your hands after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. If soap and water aren't available, use an alcohol-based sanitizer with at least 60% alcohol.

- Healthy people don't need a face mask for protection from any respiratory disease, including COVID-19. Masks are for people showing COVID-19 symptoms to prevent spreading it to others, and for health workers or others taking care of a sick person in a close setting like a home or health care facility.
- Other states and countries with significant outbreaks have taken steps like closing schools for weeks at a time, and encouraging businesses to close. Make a plan for how you and your family or business would need to adapt to a similar situation if it becomes necessary.
- Be prepared, not scared. Find more information on how to make a plan and build an emergency kit for any emergency at home [here](#). Find information specifically for COVID-19 on how to prepare your household [here](#), or prepare your business or school system [here](#).

Symptoms and treatment

- Symptoms of COVID-19 are fever, cough and shortness of breath.
- If you have these symptoms **and** have been in close contact with a person known or suspected to have COVID-19, or have recently traveled from an [area with widespread or ongoing community spread](#) of the illness, [follow these guidelines from the CDC](#).
- If you are in close contact with a household member or intimate partner who has or is suspected to have COVID-19, or are a caregiver for one in a non-healthcare setting, [follow these guidelines from the CDC](#).

Resources

- [Local information](#) from the Oklahoma City-County Health Department (OCCHD)
- Follow [OCCHD on Twitter](#)
- Like [OCCHD on Facebook](#)
- [Statewide information](#) from the Oklahoma State Department of Health (OSDH)
- COVID-19 call center: (877) 215-8335
- [Oklahoma response](#)
- [Oklahoma resources](#)
- Follow [OSDH on Twitter](#)
- Like [OSDH on Facebook](#)
- [National information](#) from the U.S. Centers for Disease Control and Prevention (CDC)
- [Prepare your household](#)
- [Situation summary](#)
- [Who is at high risk?](#)
- [Information for schools and businesses](#)
- [How it spreads](#)

- [Symptoms](#)
- [Prevention and treatment](#)
- [Testing](#)
- [Travel](#)
- [Frequently asked questions \(FAQs\)](#)
- Follow the [CDC on Twitter](#)
- Like the [CDC on Facebook](#)
- [Global information](#) from the World Health Organization (WHO)