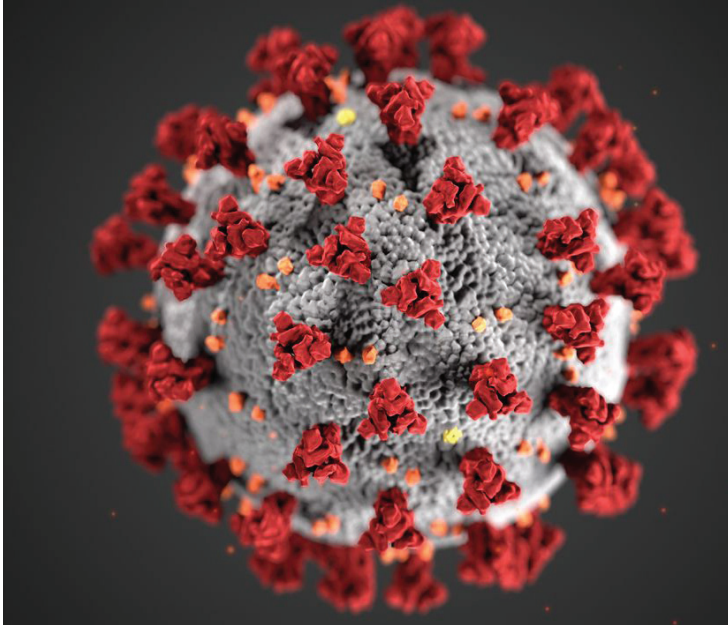


# Coronavirus

*What we knew as of the end of February and some common-sense approach to battling respiratory viruses*



## HOW IT SPREADS

Knowledge of how the new virus spreads is limited and is largely based on what scientists know about other viruses from the same type. According to the CDC, as of the end of February, the disease is thought to be primarily contracted from a person-to-person contact.

That includes close contact (less than 6 feet) and through respiratory droplets when a person coughs or sneezes. However, CDC warns that it may be possible to contract the coronavirus by touching a surface or an object on which the pathogen was deposited and then touching your mouth, nose or eyes, although this is

not being thought of as the primary method of transmission.

## WHEN IS A PERSON CONTAGIOUS

A person is most likely to transmit the disease to others when they are sick, however, there are reports of coronavirus being spread before symptoms arise (a.k.a. the incubation period).

## SYMPTOMS

COVID-19 manifests in sick people very similarly to the common cold and the wide-spread influenza. Symptoms include fever, cough and shortness of breath. According to CDC, these symptoms may appear from 2 to 14 days after exposure.

## PREVENTION

The best prevention is to wash your hands with soap and water for at least 20 seconds—frequently and every time after going to the bathroom, before you eat and after blowing your nose, coughing or sneezing. Avoid touching your mouth, nose and eyes and avoid close contact with people who are sick, stay home if you feel/are sick and clean with a disinfectant objects that are frequently touched. For coronavirus prevention CDC recommends that only people who are sick should wear masks. Make sure that when you cough or sneeze you do it with a tissue that you promptly discard. If a

Here at Canaiden Media we are proud of our very quick "turnaround times" for Stamford Plus and Norwalk Plus magazines. But despite our lightning fast response to news and events, even in our print publications, we hope that by the time you read this piece there will be much better news around the coronavirus outbreak and this page will be just a record of what "was then".

Nonetheless, we felt it's really important to do our duty of keeping you informed especially in this time of a worldwide health emergency.

So, here's what we know so far about the the COVID-19 pathogen (a.k.a. coronavirus), how it's transmitted, how to protect ourselves and what treatments are available.

tissue is not available you should cough or sneeze in your elbow. Another common sense prevention step is to change your clothes immediately after you come back home.

## TREATMENT

There is no treatment for coronavirus at the time of the writing of this article at the end of February, 2020. CDC recommends supportive care and in severe cases treatment "should include care to support vital organ functions". Vaccines are being developed but widespread deployment is not expected for months or even a year or more, according to healthcare experts.

## LOCAL RESPONSE

Both Stamford Mayor David Martin as well as Norwalk Mayor Harry Rilling issued statements that they are working and preparing for a possible coronavirus outbreak in our area, while cautioning that, at least at the time of the writing of this piece, there were no cases here.

Both mayors said that they are working and coordinating with local and state health officials, healthcare providers, the CDC and other agencies tasked with responding to potential emergencies of this kind.

Visit StamfordPlus.com, NorwalkPlus.com or any of the websites of our Canaiden Online Media Network or follow our Twitter feeds for up-to-date news and information.

For more up-to-date information on coronavirus visit <https://www.cdc.gov/coronavirus/2019-ncov/> or go to [www.cdc.gov](http://www.cdc.gov) and click on the coronavirus link.