Pandemic Lockdown: Preparedness List

Before a Pandemic

Store a two week supply of water and food.

Periodically check your regular prescription drugs to ensure a continuous supply in your home.

Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.

Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference.

Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

During a Pandemic

Limit the Spread of Germs and Prevent Infection.

Avoid close contact with people who are sick.

When you are sick, keep your distance from others to protect them from getting sick too.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth.

Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Source: Agency (FEMA)

FIVE BIG QUESTIONS ABOUT CORONA VIRUS, ANSWERED.

The following article was taken from News.com.au who have put together handy little hints of Dos' and Don'ts' and republished for readers benefit.

Corona virus: myths about hand dryers, pets and even thermal scanners.
With Corona virus sweeping the world, we dispel the myths around protection and prevention and highlight key things that could help you stay safe.

The deadly corona virus has now spread to at least 100 countries, infecting more than 109,000 people and killing close to 4000. Governments and health authorities around the world are scrambling to contain the outbreak, closing schools, banning public gatherings, and declaring states of emergency.

In Australia, where close to 80 cases of corona virus have been confirmed, and three people have died, authorities are preparing for the declaration of a global pandemic. As the virus continues to spread rapidly around the world, so to does panic about what the virus could mean?

News.com.au asked for corona virus questions and took them to Sanjaya Senanayake, Associate Professor and infectious diseases specialist at the Australian National University's Medical School. Below are the first five biggest questions about corona virus.

Preparing for Coronavirus

What you need to know

Coronavirus (COVID-19) is a respiratory illness caused by a new virus. Symptoms range from a mild cough to pneumonia. Some people recover easily, others may get very sick very quickly. There is evidence that it spreads from person to person. Good hygiene can prevent infection.

- How to Prevent
- Know the Symptoms
- Prepare for a pandemic
- If you get sick

I THINK I HAVE CORONAVIRUS, WHAT SHOULD I DO?

If you think you have corona virus, Prof Senanayake said that the first thing you should do was call your GP and seek instruction.

"It is really important to call ahead so that the GP practice can make arrangements for your arrival, or direct you to an emergency department if it sounds like you are unwell enough to need hospital," Prof Senanayake told news.com.au.

"Other useful contacts to discuss concerns about what to do if you think you have the corona virus include the Corona virus Health Information Line (1800 020 080) and the health direct information line (1800 022 222)."

Australia's chief medical officer Brendan Murphy told reporters on Monday that if you had a runny nose but were not showing any major symptoms and hadn't had contact with anyone from China, South Korea, or Iran, you shouldn't be tested.

"Not unless you are a returned traveller and you have symptoms, symptoms that suggest you might have an infection – a cough, a significant runny nose and fever," Professor Murphy said.

"If you are a normal member of the community and are unwell enough – unless you want to seek medical attention anyway – we are saying you shouldn't be tested at this time."

Prevention
Basic protective measures against coronavirus

Wash hands frequently
Wash your hands with soap and water or use an alcohol-based hand sanitiser to kill viruses that may be on your hands.

Respiratory hygiene
Cover your mouth and nose when you cough or sneeze. Dispose of the used tissue immediately.

Avoid touching eyes, nose, mouth
Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Maintain social distancing
Keep at least one metre between yourself and anyone who is coughing or sneezing. If you are too close, you can breathe in airborne droplets, including the virus if the person has the disease.

Know the Symptoms ➤

HOW LONG AFTER BEING EXPOSED TO THE VIRUS WILL I HAVE SYMPTOMS?

The "incubation period" for corona virus – that is, the time between coming infected with the virus and becoming sick – is between two and 14 days, Prof Senanayake explained, but is most commonly around five or six days.

If you do have corona virus, it's likely you'll look and feel like you have the flu. The most common symptoms to look for are fever, tiredness and dry cough, though some patients may have aches and pains, nasal congestion, a runny nose, sore throat or diarrhoea.

While these symptoms are usually mild, more serious symptoms can include difficulty breathing.

IS THERE ANYTHING WE CAN DO IF WE HAVE SYMPTOMS THAT WILL HELP REDUCE THE SEVERITY?

There is currently not a vaccination or medicine to prevent or treat corona virus. However, "80 per cent of cases are mild, with most people most likely being well enough to stay at home until you're no longer infected," Prof Senanayake said.

"Treatment of symptoms such as fevers and muscle aches can be reduced with paracetamol, but there are no approved treatments to kill the virus." Professor Senanayake said that a number of medications were currently being investigated to find out their potential role against the disease.

While you can't completely prevent yourself from contracting the disease, the WHO advises that you take the same precautions you normally would to avoid catching the flu.

YOU SHOULD:

1. Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
2. Maintain at least one metre distance between yourself and anyone who is coughing or sneezing.
3. Avoid touching your eyes, nose and mouth.
4. Make sure you, and the people around you, follow good respiratory hygiene.
5. Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention.
6. Stay informed on the latest developments about corona virus.
7. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is sick.

IF YOU GET CORONAVIRUS, CAN YOU GET IT AGAIN AND HAVE TO GO THROUGH ISOLATION AGAIN?
While it's too early to say whether you can contract coronavirus more than once, Prof Senanayake said that doctors "suspect that having the infection makes you immune to it, at least in the short-term, and possibly in the long-term". Concerns about the possibility of becoming infected twice have risen largely from an incident in Japan, where government officials reported that a woman had reportedly caught the virus a second time. However, infectious disease physician and epidemiologist at the University of Minnesota, Susan Kline, told *Wired* the case in Japan – and in similar cases in China – were likely just a continuation of the original infection.

IF ONE PERSON GETS CORONAVIRUS, DOES THE ENTIRE HOUSEHOLD NEED TO BE ISOLATED? "Rules around isolation may change as the outbreak evolves," Prof Senanayake said. He referred to the instruction from NSW Health, advising isolation if you are sharing a house with a confirmed case. If you are the person in isolation, you should stay in a different room from the other people or be separated as much as possible. Wear a surgical mask when you are in the same room as another person, and when seeking medical care.

Use a separate bathroom, if available. You should also make sure that you don't share a room with people who are at risk of severe disease, such as elderly people and those who have heart, lung or kidney conditions, and diabetes. Other members of the household who are *not* infected with corona virus are not required to isolate unless they have also:

1. Been in or transited through mainland China (excluding Macau and Taiwan), Iran or South Korea in the last 14 days.
2. Been a close contact of a confirmed COVID-19 case.
3. Other members of the household are not required to be isolated unless they have also:
4. Been in or transited through mainland China (excluding Macau and Taiwan), Iran or South Korea in the last 14 days
5. Been in close contact of a confirmed COVID-19 case.

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