

101 Fonville Street/PO Box 830687 • Tuskegee, Alabama 36083-0687

COVID-19 RESOURCES

(If you are experiencing symptoms, CALL your primary care physician or urgent care facility immediately; and they will direct you on what to do next.)

CITY OF TUSKEGEE'S MONITORING EFFORTS

The City of Tuskegee is dedicated to the health, safety, and well-being of its employees and residents. As we continue to monitor the novel COVID-19 (coronavirus), the City is preparing prevention efforts.

The City of Tuskegee has no cases of COVID-19 or has been notified of any member of the Tuskegee Community having COVID-19. The City is closely monitoring the ongoing situation. Our intent is not to raise alarm but to keep our citizens current.

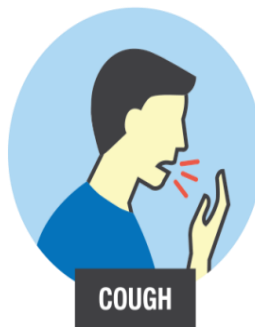
ABOUT

The Centers for Disease Control (CDC) is closely monitoring an outbreak of respiratory illnesses caused by COVID-19. According to the CDC, the virus is not completely understood. Reported illnesses range from mild to severe, including illnesses resulting in death.

SYMPTOMS

Symptoms are similar to the common flu virus and typically include:

- ✓ Fever
- ✓ Running Nose
- ✓ Dry Cough
- ✓ Shortness of Breath
- ✓ Fatigue
- ✓ Body Aches.



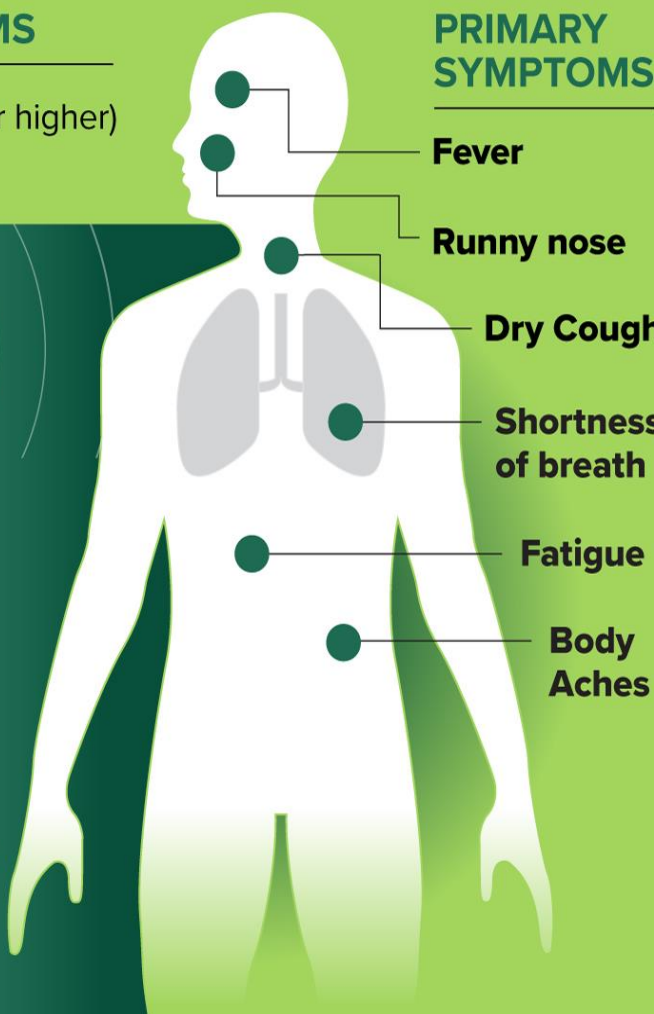
Coronavirus (COVID-19)

COVID-19 is a new coronavirus that has been identified as the cause of an outbreak of respiratory illness globally.

SEVERE SYMPTOMS

- High fever (100.4 or higher)
- Pneumonia

PRIMARY SYMPTOMS

- 
- Fever
 - Runny nose
 - Dry Cough
 - Shortness of breath
 - Fatigue
 - Body Aches

TRANSMISSION

Spread from person to person through sneezing or coughing.

Respiratory droplets containing the virus can remain on surfaces even after the ill person is no longer near.

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If you have these symptoms, it is possibly the common cold or common strain of flu. It is unlikely that anyone will be diagnosed with the COVID-19 at this time; unless they have traveled to affected countries, or had contact with someone who has the virus. ***If you are experiencing symptoms, CALL your primary care physician or urgent care facility immediately; and they will direct you what to do next.***

PREVENTION

If you are experiencing symptoms, CALL your primary care physician or urgent care facility IMMEDIATELY. They will direct you on what to do next. (Do not go to health care facilities.)

Protect yourself from the spread of COVID-19

There are general precautions you can take to prevent the spread of viral respiratory infections.

Wash your hands frequently with soap and water or alcohol-based hand sanitizer, lather for at least 20 seconds



Avoid touching your eyes, nose and mouth with unwashed hands

Avoid close, unprotected contact with anyone with respiratory symptoms

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing



Clean and disinfect frequently touched objects and surfaces with isopropyl alcohol



Stay healthy: eat a balanced diet, get rest, avoid stress

uab.edu/coronavirus

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- ✓ Lather and wash your hands frequently with water and soap for at least 20 seconds, and/or use an alcohol-based hand sanitizer.
- ✓ Avoid touching your eyes, nose, and mouth.
- ✓ Avoid large gatherings and close, unprotected contact with anyone with respiratory illness symptoms.
- ✓ Cover your mouth and nose with a tissue or your sleeve when coughing—not your hands.
- ✓ Clean, and disinfect touched objects and surfaces with isopropyl alcohol or disinfecting wipes frequently
- ✓ Eat a balanced diet; rest; avoid stress; and stay healthy.



Washing Your Hands

Wash your hands as much as you can—especially before you eat anything, before making food for other people, and after you use the restroom. Wash your hands anytime you touch a doorknob, or any other items touched by others. If hand-sanitizer is around, use it.

Lather your hands with soap and water for at least 20 seconds. Avoid touching your face. Every time you touch a door handle and then scratch your nose, you are susceptible to contracting viruses.

Building Your Immunity

Certain foods and supplements can help boost your immune system, potentially protecting your body from germs. Foods that contain indole-3-carbinol have been found to reduce the number of viral infection. While this has not been specifically tested in Coronaviruses, the prevention of any viral illnesses that may weaken your immune system is and will be important. These foods include leafy greens like kale, spinach, collard greens, turnip greens, mustard greens, *et cetera*. They can be cooked or raw.

You can also boost your immune system by maintaining a healthy lifestyle, eating a balanced diet, getting plenty of rest, and avoiding stress. There is no data that increased Vitamin C helps prevent or shorten viral illnesses. In fact, studies have shown no benefit. Including leafy green in a smoothie can be an easy way to increase intake, but strictly drinking orange or pineapple juice does not prove beneficial.

Protect Your Home and Loved Ones

Now, it is time to disinfect, and clean your home. Use isopropyl alcohol or disinfecting wipes to wipe down countertops and common areas. Keep surfaces of your home clean, especially areas where you eat and spend the most time. Use soap and water to wash your hands after you touch contaminated areas; such as door knobs, toilet and faucet handles, and any cooking items. If you do not have access to soap and water, use hand sanitizer. Avoid shaking hands with others right now. If you do, wash your hands, or use hand sanitizer right away.

COMMUNITY

If you have traveled to a country in the last 14 days known to have confirmed cases of Coronavirus or you have been in direct contact with someone under investigation for or with a confirmed case of Coronavirus, ***please do not go to your primary care physician or urgent care facility. CALL immediately and they will direct you on what to do next.***

Typically, the symptoms include fever, runny nose, dry cough, shortness of breath, fatigue and body aches. These are the same symptoms of the common flu virus. ***If you are experiencing symptoms, CALL your primary care physician or urgent care facility immediately. They will direct you what to do next.***

FAQs

The City of Tuskegee has no cases of COVID-19 or has been notified of any member of the Tuskegee Community having COVID-19. The City of Tuskegee is closely monitoring the ongoing situation, in collaboration with the Macon County Emergency Management Agency/Department of Homeland Security.

To prevent the spread of viral respiratory infections, do the following:

- ✓ Lather for at least 20 seconds, and wash your hands throughout the day with soap and water. You can also use an alcohol-based hand sanitizer.
- ✓ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ✓ Avoid close, unprotected contact with anyone with respiratory symptoms.
- ✓ Cover your mouth and nose with a tissue or your sleeve—not your hands—when coughing or sneezing.
- ✓ Clean, and disinfect frequently touched objects and surfaces with isopropyl alcohol or disinfecting wipes.
- ✓ Stay healthy; eat a balanced diet; get rest; and avoid stress.

CALL your healthcare provider, if you experience the following symptoms:

- ✓ Fever of 100.4 or higher
- ✓ Unrelenting cough
- ✓ Shortness of breath.

RESOURCES

<https://www.cdc.gov/coronavirus/>
<http://www.alabamapublichealth.gov/>
<https://www.uab.edu/news/coronavirus>
<https://www.tuskegee.edu/coronavirus-resources>