



## Coronavirus (COVID-19) Basic Information

The City of Dothan wants all residents and employees to be well-informed about the coronavirus. While there have been no reported cases in Alabama of COVID-19 – the new coronavirus discovered in China in December 2019 – the City of Dothan is monitoring daily updates and following guidelines from the Houston County Health Department, Alabama Department of Public Health (ADPH), and the Centers for Disease Control (CDC). These guidelines have been implemented in protocols established by the City to address potential exposure to the coronavirus.

### **Important websites and phone numbers**

For more information from the Centers for Disease Control, press Ctrl and click [here](#).

For more information from the Alabama Department of Public Health, press Ctrl and click [here](#) or call 1-800-338-8374

For more information from the Houston County Health Department, press Ctrl and click [here](#) or call (334) 678-2800

### **Prevention**

The CDC recommends everyday precautions to help prevent the spread of respiratory diseases.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- 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**, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with **at least 60% alcohol**. Always wash hands with soap and water if hands are visibly dirty.

## **Should I wear a mask?**

The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.

The CDC advises facemasks should be used by people who show symptoms of the coronavirus to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone at home or in a health care facility.

## **We are still in flu season, so please be aware**

The flu is different from a cold, which is gradual in on-set. The flu usually comes on suddenly. People who have the flu will often feel some or all of the following symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Feeling tired
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\*It's important to note that not everyone with the flu will have a fever.

### **If you have flu-like symptoms, please:**

- Stay at home to recover
- Wash your hands with soap and water for a minimum of 20 seconds before touching anyone or anything
- Use alcohol-based hand sanitizer
- Don't touch your face
- Germs tend to linger. Disinfect door handles, your phone and other surfaces daily.