TRUMBAUERSVILLE BOROUGH EMERGENCY MANAGEMENT

As you are well aware, the Coronavirus Disease 2019 (COVID-19) is all around us. It is now a national pandemic due to its presence in numerous countries around the world including the United States. To slow the spread of the virus, we must all become proactive, better aware of our surroundings and considerate and respectful to other individuals.

There is much to learn about the COVID-19, including how and how easily it spreads. Based on what is currently known about COVID-19 and what is known about other coronaviruses, spread is thought to occur mostly from person to person via respiratory droplets among close contacts and by touching contaminated surfaces. Individuals age 70 and over are the main target for this virus along with any individuals who have Parkinson’s, lupus, cancer and any other compromising immune disease or problems. Experts are working diligently to understand COVID-19 because new information is coming out every day.

Coronaviruses are a large family of viruses, some causing illness in people and others circulating among animals, including camels, cats and bats. These viruses are common throughout the world. Early cases of the virus in Wuhan, China were linked to a large seafood and animal market, suggesting animal to person spread. However, a growing number of individuals did not have exposure to animal markets, suggesting person to person spread is occurring.

How the Coronavirus spreads

1. Being within approximately 6 feet of a patient with COVID-19 for a prolonged period of time
2. Having direct contact with infectious secretions from a patient with COVID-19. Infectious secretions may include sputum, serum, blood and respiratory droplets.
3. Touching an object or surface with the virus on it.
4. Through the air by coughing or sneezing.
5. Close personal contact such as touching or shaking hands.

If close contact occurs while not wearing protective equipment, you may be at risk for infection.

Symptoms of the human coronaviruses are like the common cold,

1. fever 100.4 F/38 C,
2. Cough
3. Shortness of breath.
4. The symptoms may appear as a few as 2 days to 14 days after exposure. The illness has ranged from people with little to no symptoms to people being severely ill and dying.
HOW YOU CAN PROTECT YOURSELF

1. **Wash** hands often with soap and water for at least 20 seconds (sing the Happy Birthday song). Use an alcohol-based hand sanitizer if soap and water are not or alcohol.
2. **Cover** any coughs and sneezes with your elbow; do not use your hands.
3. **Clean** surfaces frequently, such as countertops, lights switches, cell phones and other frequently touched areas. The virus doesn’t last long in fabric and up to 5 days on hard, nonporous surfaces.
4. **Clean** all laundry and food service utensils should also be performed.
5. **Contain**-if you are sick, stay home and avoid contact with others until you feel better and you have no temperature.
6. Avoid sick people
7. Avoid sharing personal items, i.e.: drinking glasses, food, utensils, toothbrush, etc.
8. Do not touch your face.
10. Keep your distance from others, about 6 feet

Preparing for the spread of COVID-19

1. Create a home emergency first aid kit.
2. Get warm clothing.
3. Obtain enough baby supplies.
4. Have a good working flashlight and spare batteries.
5. Have enough of your medications on hand.
6. **Bottled Water**.
7. Make sure your pets have enough food and medications if you are quarantined or isolation occurs.

Experts are working diligently to understand COVID-19 because new information is coming out every day. If you have an unprotected exposure to a confirmed or possible COVID-19 patient, contact your family doctors office, emergency room or call 1-877-PA-Health (1-877-724-3258). Please do not go directly to either your family doctors office or the emergency room prior to contacting the,

Any Trumbauersville Borough resident that is either isolated or quarantined due to this virus, **Spors General Store** has graciously agreed to deliver any menu food they serve and/or available grocery items to all shut-ins. You just call the store at **215-536-6754**, place your order and pay with your credit card. No money will be exchanged due to the possibility of contamination and exposure. They will deliver your order to the designated drop off spot. They will not enter your
residence and please give them time to get at least 6 foot away prior opening your door to picking up your order from the drop off spot. This will keep everyone safe and limit exposure.

Please stay safe and considerate of others during this pandemic event. It will pass and we can all return to our normal routines soon. We need everyone’s help to deescalate this epidemic.