



## DIOCESE OF BRIDGEPORT

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OFFICE OF THE  
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### FAQs about the Coronavirus

#### **What is the Coronavirus Disease 2019?**

From the CDC website:

Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS-CoV, SARS-CoV, and now with this new virus (named SARS-CoV-2).

#### **How many cases are presently in the United States?**

From the CDC website:

Currently, there are 19 confirmed cases in the U.S.

#### **How does the virus spread?**

From the CDC website:

Current understanding about how the virus that causes coronavirus disease 2019 (COVID-19) spreads is largely based on what is known about similar coronaviruses. People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this with this new coronavirus, but this is not thought to be the main way the virus spreads.

#### **What are the symptoms?**

From the CDC website:

For confirmed coronavirus disease 2019 (COVID-19) cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include fever, cough, and shortness of breath.

The CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. This is based on what has been seen previously as the incubation period of MERS-CoV viruses.

## **How can I protect myself?**

From the CDC website:

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- 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.

Follow the CDC's recommendations for using a face mask:

- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

## **Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks**

How do I speak to my child about the coronavirus?

News reports and other conversations about the COVID-19 may evoke feelings of fear, worry, or anxiety in some children. The link <https://store.samhsa.gov/system/files/sma14-4886.pdf> will open a document that shares age appropriate strategies for speaking with and supporting children. In general, the best ways to support children are to ensure that they feel connected, cared about and loved. In conversations with children it is important to pay attention to what they are saying and be a good listener and allow them to ask questions. Other ways to support children include, maintaining routines, encouraging positive activities, and modeling self-care routines. If a child is expressing difficulty in getting past his/her responses, consider reaching out to a mental health provider for additional support.