

General Information about COVID-19

It is important to rely on authoritative sources for information regarding COVID-19. [The Center for Disease Control \(CDC\)](#) and [World Health Organization \(WHO\)](#) are great resources for up to date information on COVID-19. The CDC offers information on how Coronavirus Disease (COVID-19) spreads, symptoms, prevention and treatment, what to do if you are sick, and frequently asked questions, including printable fliers.

[About Coronavirus Disease 2019 \(COVID-19\)](#)

Global Impact of COVID-19

John Hopkins University has created an interactive map that provides a visual representation of confirmed cases of COVID- 19 and related data across the globe.

[Coronavirus COVID- 19 Global Cases Dashboard](#)

Preparedness

Arizona businesses should be prepared to implement measures that keep their employees safe and calm as more about the coronavirus becomes known. Simple, common sense practices will demonstrate your commitment to employee wellness.

The Arizona Department of Health and Services is working closely with local and federal partners to identify cases of COVID-19 and prepare the community for possible spread of the virus. Guidance is being created and distributed to partners including healthcare, first responders, schools and childcare centers, universities, law enforcement, businesses, and other community partners. Additional information regarding COVID-19 in Arizona can be found at [Arizona Department of Health Services](#).

Businesses of all sizes should have a plan in place in the event of a pandemic. It is important to identify leaders within your organization and coordinate on proper planning and communication that is appropriate for your company. This sample plan outlines the phases of a pandemic and provides actionable steps your team can take to be prepared.

[REVIEW THE PLAN](#)

Prevention and Treatment

[Preventative Measures and Treatment](#)

Prevention: 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.

Using a Facemask

- 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. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

[Handwashing](#)

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.
- For more information specific to healthcare, see [Hand Hygiene in Healthcare settings](#)

[Prevention while traveling](#)

In the event that you must travel, the CDC provides tips on prevention that you can follow while you are traveling.

[Treatment](#)

There is no treatment for the Coronavirus at the moment, so if you begin having a fever or experiencing symptoms of a respiratory infection such as cough or trouble breathing and you have been in contact with someone with the Coronavirus or in an area with the Coronavirus, notify your doctor. The CDC provides information at this link on measures you can take if you have the Coronavirus or are experiencing Coronavirus-like symptoms.

Additional Resources

[Tips for Individuals and Organizations](#)

Article providing recommendations for things individuals and organizations can do in terms of prevention.

[U.S. Chamber of Commerce Foundation Corporate Aid Tracker](#)

The business community is mobilizing its expertise, capabilities, and community resources to assist with the relief and containment efforts. Learn more.

[World Health Organization: Coronavirus disease \(COVID-19\) outbreak](#)

Information and guidance from WHO regarding the current outbreak of coronavirus disease, including daily updates.

[World Health Organization: Video Explainer](#)

Video from WHO explaining what's currently known about the virus.