What are the symptoms of COVID-19?

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms* include:

- Fever
- Cough
- Shortness of breath

*Symptoms may appear 2-14 days after exposure. Call your doctor if you develop symptoms and have been in close contact with a person infected with COVID-19 or recently traveled to an area with widespread or ongoing community spread of COVID-19, including China, Iran, Italy, Japan, and South Korea.

The virus is thought to mainly spread from person-to-person via respiratory droplets released when an infected person coughs or sneezes in close contact with others. Close contact may include having direct contact with bodily fluids from an individual with COVID-19 and being within approximately 6 feet of an individual with COVID-19 for a prolonged period of time.

What is a novel coronavirus?

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

A diagnosis with coronavirus 229E, NL63, OC43, or HKU1 is not the same as a COVID-19 diagnosis. Patients with COVID-19 will be evaluated and cared for differently than patients with common coronavirus diagnosis.

On Sunday, March 1, 2020, the Office of the Governor issued Executive Order Number 20-51 declaring coronavirus disease 2019 (COVID-19), a novel coronavirus, a public health emergency for the State of Florida. This declaration came as individuals in Florida tested positive for COVID-19. The Florida Department of Health provides information on known cases on their website as it becomes available and has reported that the overall immediate threat to the public remains low.
**What should I do if I come in contact with someone who believes they have COVID-19?**

**Coronavirus Disease 2019 (COVID-19) Risk Assessment and Public Health Management Decision Making** Each question refers to within the past 14 days

1. Did the person being evaluated travel from China? [ ]
   - No
   - Yes

2. Did the person have any contact with a laboratory-confirmed case of COVID-19? [ ]
   - No
   - Yes

3. Is the person being evaluated a healthcare worker in a U.S. healthcare setting? [ ]
   - No
   - Yes

4. Did the person travel from Hubei, China specifically? [ ]
   - No
   - Yes


6. Was contact within the context of living with, being an intimate partner of, or caring for a person with confirmed COVID-19 outside a healthcare facility? [ ]
   - No
   - Yes

7. Were all recommended precautions for home care and isolation followed consistently? [ ]
   - No
   - Yes

8. Did the person contact respiratory secretions or was the person within 6 feet of a case for a prolonged period? [ ]
   - No
   - Yes

9. Was the person in the same indoor environment as a case for a prolonged period but did not meet the definition of close contact (e.g., in the same classroom or same hospital waiting room)? [ ]
   - No
   - Yes

**Actions for people without symptoms consistent with COVID-19**
- High Risk: Remain under quarantine authority; no public activities; daily active monitoring; controlled travel
- Medium Risk: Stay home; active monitoring or self-monitoring with public health supervision; recommend not to travel
- Low Risk: Self observation
- No identifiable risk: None; routine medical care

**Actions for people with symptoms evaluation guided by PUI definition; consistent with pre-notify healthcare services; COVID-19 controlled travel**
- High Risk: Immediate isolation; medical evaluation guided by PUI definition; controlled travel
- Medium Risk: Immediate isolation; medical evaluation guided by PUI definition; pre-notify healthcare services; controlled travel
- Low Risk: Stay home from work or school, avoid contact with others, don’t travel. Seek health advice

**How do I protect myself from COVID-19?**

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.

The CDC indicates that for law enforcement personnel performing daily routine activities, the immediate health risk is considered low; however, the CDC has provided the following information for law enforcement:

- Avoid close contact with people who are sick by maintaining a distance of at least 6 feet, if possible.
- Ensure only trained personnel wearing appropriate personal protective equipment (PPE) have contact with individuals who have or may have COVID-19.
- Have a trained Emergency Medical Service/ Emergency Medical Technician (EMS/EMT) assess and transport anyone you think might have COVID-19 to a healthcare facility. Learn your employer’s plan for exposure control and participate in all-hands training on the use of PPE for respiratory protection, if available.
- Practice proper hand hygiene by washing your hands with soap and water for at least 20 seconds. If soap and water are not readily available and illicit drugs are NOT suspected to be present, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
For individuals who come into close contact with a person infected with COVID-19 during apprehension, the CDC recommends:7

- Cleaning and disinfecting duty belt and gear prior to reuse using a household cleaning spray or wipe, according to the product label.
- Following standard operating procedures for the containment and disposal of used PPE.
- Following standard operating procedures for containing and laundering clothes. Avoid shaking the clothes.

For surfaces that may have come into contact with COVID-19, the CDC recommends wearing gloves when cleaning and disinfecting. If the surface is visibly dirty, it must first be cleaned with soap and water prior to disinfecting with cleaning supplies. For additional information on disinfecting surfaces, visit the CDC website.8

Other everyday preventive efforts that can be used to prevent the spread of illness, include:

- 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.
- Follow CDC’s recommendations for 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 an infected person in close settings (at home or in a health care facility).9

Who do I call if I suspect I have the virus or if I come in contact with someone who I suspect has the virus?

1. Your local physician
2. Local County Health Department
3. Florida Department of Health COVID-19 hotline at 1-866-779-6121 (M - F, 8:00 AM - Midnight)

Individuals who suspect they may have the virus are encouraged to call ahead to a healthcare professional to help ensure steps can be taken to keep other people from being exposed.10

USEFUL COVID-19 LINKS

Center for Disease Control:

Florida Department of Health:
http://www.floridahealth.gov/

Florida County Health Departments:
http://www.floridahealth.gov/all-county-locations.html

Guidance for Businesses:

Guidance for Law Enforcement:
Guidance for Individuals:

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2 http://www.floridahealth.gov/newsroom/2020/03/030120-two-presumptive-positive-covid19-cases.pr.html