

Coronavirus (COVID-19)

Sun City Texas is closely monitoring developments regarding the outbreak of the 2019 Novel Coronavirus (COVID-19) and is taking extended measures to ensure a hygienic environment, including regular cleaning of common areas and refilling of soap and hand sanitizers. Now is not the time to panic, but it is a time to be informed.

Most people who become infected experience mild illness and recover, but it can be more severe for others. There is currently no vaccine to prevent coronavirus disease (COVID-19). The best way to prevent illness is to avoid exposure to the virus and use recommended preventive actions to help prevent the spread of respiratory diseases.

Early symptoms of Coronavirus include:

- Fever (greater than 100.4)
- Frequent coughing
- Shortness of breath
- Difficulty in breathing
- Symptoms can appear as soon as 2 days or as long as 14 days after exposure to the virus.

If you have these symptoms:

- **Stay at home** and call your health care provider for instructions. This will protect you and help prevent the spread of viruses and other infections.

How to Protect yourself:

- Wash your hands frequently using soap and water for at least 20 seconds, especially after using the bathroom, before eating and after blowing your nose, coughing or sneezing. If soap and water are not available, use a 60% alcohol-based hand sanitizer.
- Always wash hands with soap and water if hands are visibly dirty.
- Avoid close contact with people who are sick. Allow at least 3 feet distance between yourself and anyone who is coughing or sneezing.
- Avoid touching your eyes, nose and mouth. Your hands touch many surfaces and can pick up the virus. Viruses can live on hard surfaces for 3 to 7 days.
- Cover your mouth and nose with your bent elbow and use a tissue when you cough or sneeze then dispose of the tissue in the trash immediately.
- Clean and disinfect frequently touched objects (door knobs) and surfaces (tables/counter-tops) using household cleaning spray or wipes. Clorox or Lysol disinfectant is recommended for hard surfaces. Both have sprays and wipes.
- The CDC does not recommend the use of a face mask by people who are not sick. There is no evidence that wearing a mask can prevent people from being infected by the virus and may give a false sense of security.

For more information on the Coronavirus, including details on symptoms, prevention, and how the virus spreads, go to:

Texas Department of State Health Services Coronavirus page: <https://www.dshs.texas.gov/coronavirus>

CDC page on Coronavirus Disease 2019 (COVID-19): <https://www.cdc.gov/coronavirus/2019-nCoV/>

World Health Organization page on Coronavirus: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>