



February 7, 2020

The Southern Ute Health Center, Southern Ute Risk Management Division and Southern Ute Tribal Information Services Department are working in conjunction with the San Juan Basin Public Health Department and the Centers for Disease Control (CDC) to educate the public on what you should know about the Coronavirus.

The Centers for Disease Control (CDC) is closely monitoring an outbreak of a respiratory illness caused by a new Coronavirus. Currently twelve people in the U.S. have tested positive for the virus and are under strict quarantine; five people have a history of recent travel to the Province of Wuhun, China. The most recent confirmed case is the first evidence of person-to-person transmission.

Coronaviruses are a large family of viruses, some causing respiratory illness in people. This is the time of the year that we are seeing a lot of respiratory illnesses such as the common cold, RSV and influenza. It is important to remember, that some coronaviruses are common and regularly cause respiratory illness in the U.S. in the fall and winter. The State of Colorado currently has no cases of the outbreak currently being investigated that originated in China.

Common human coronaviruses usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. Most people will get infected with these viruses at some point in their lives. These illnesses usually only last for a short amount of time. Symptoms may include

- Runny nose
- Headache
- Cough
- Sore throat
- Fever
- A general feeling of being unwell

Human coronavirus can sometimes cause lower-respiratory tract illnesses, such as pneumonia or bronchitis. This is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults.

Human coronavirus most commonly spread from an infected person to others through

- The air by coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching our mouth, nose, or eyes before washing your hands
- Rarely, fecal contamination

Everyone is strongly encouraged to obtain their seasonal influenza vaccination; in addition, please:

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid close contact with people who are sick

If you have cold-like symptoms, you can help protect others by doing the following

- Stay home while you are sick
- Avoid close contact with others
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands
- Clean and disinfect objects and surfaces.

The Center for Disease Control and Prevention and the U.S. State Department have expanded their travel advisories to cover all of China due to the coronavirus outbreak, recommending travelers to avoid all nonessential travel to China. In response to this outbreak, health screenings have been implemented on travelers arriving to the United States, from China.

The Southern Ute Indian Tribe, Southern Ute Health Center, and Southern Ute Tribe's Incident Command Response Team are committed to working together to closely monitor this situation. We will make every effort to keep Tribal Membership informed of the latest developments.

There are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own; however, there are general recommendations such as:

- Take pain and fever medication (do not give aspirin to children)
- Use a room humidifier or take a hot shower to ease sore throat and cough
- Drink plenty of liquids
- Stay home and rest

If you have questions or are concerned with your current health status and/or symptoms, please contact the Southern Ute Health Center at (970) 563-4581 to speak with a Health Care Professional.