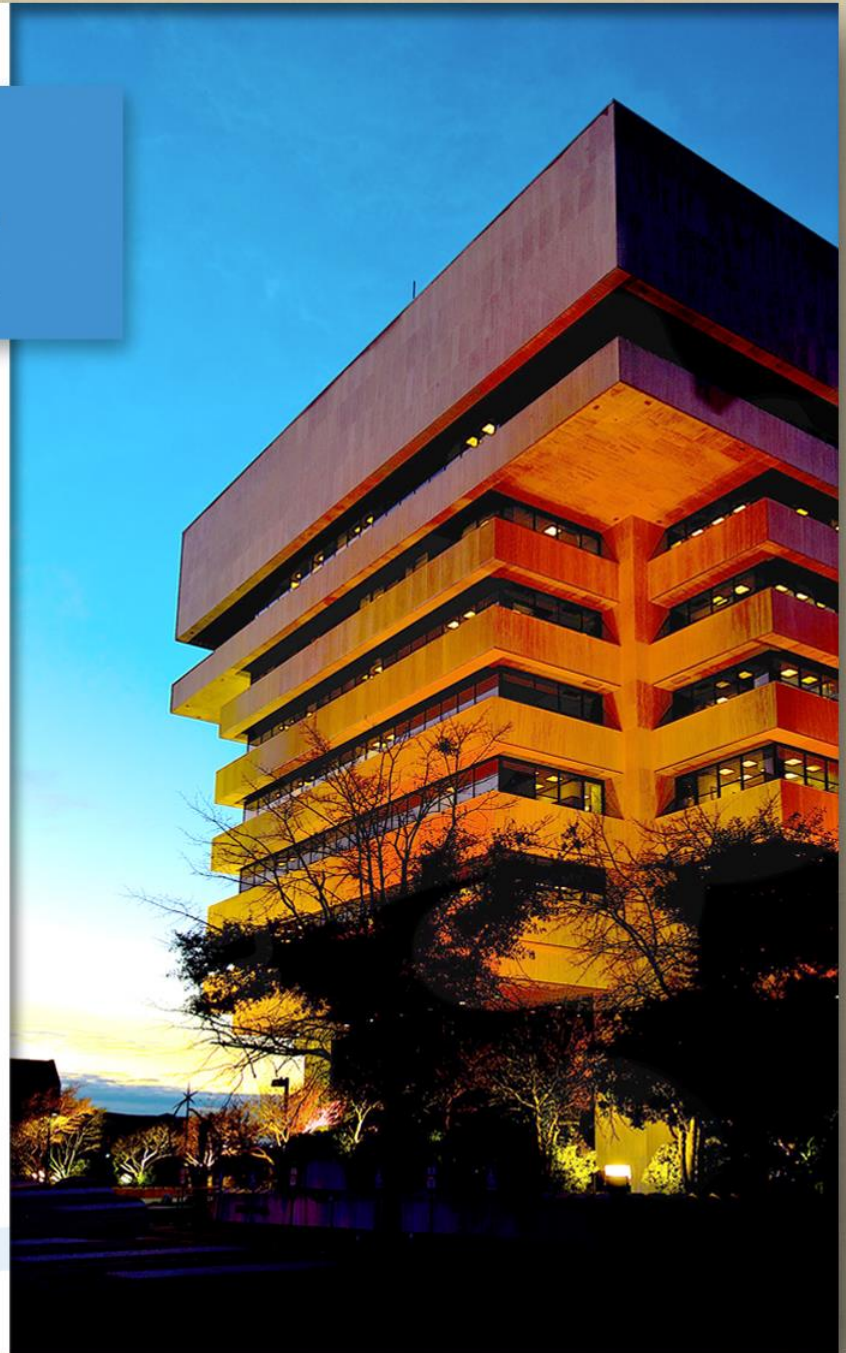# HAMPTON VA

**Coronavirus (COVID-19)
Briefing
March 11, 2020**

What is a Coronavirus?

- Coronaviruses are a large family of viruses that can infect humans or animals.

- Most people become infected with the coronavirus that causes the common cold at some point during their lives.

- Types –
  - Severe Acute Respiratory Syndrome coronavirus (SARS),
  - Middle East Respiratory Syndrome coronavirus (MERS),
  - Novel coronavirus - SARS-CoV-2 (also known as COVID-19) – can cause severe respiratory infections.

Definition of **Novel Coronavirus** - a coronavirus strain that has never previously been found in people

What is the Risk?

- The immediate risk is low for the general U.S. population
- Higher Risk Individuals:
  - Older Adults
  - People who have serious chronic medical conditions

- Most U.S. cases have involved people who had been traveling; however, there have been cases of person-to-person and community spread abroad and in the United States

How is City Preparing?

- Task Force established to coordinate Planning and Response
- Planning with Hampton Public Schools
- Public Education & Outreach Information
  - Website, Social Media, 311, Brochures/Handouts
- Working with our Federal and State Partners and other localities in the region
  - Constant Communication with VA Dept. of Health
- Hand sanitizing dispensers in high traffic areas of the city
- City Departments working on Continuity of Operations Planning

How is City Preparing for Mass Gatherings or Large Community Events?

- We are in daily contact with the Virginia Department of Health for their guidance

- We have triggers in place in our plans with the Virginia Department of Health to address this evolving situation

- At this time the confirmed cases were with people who had traveled to risk areas. There is currently no confirmation of community spread at this time. However, if there should be we would enact further action.

How Can You Prepare?

Limit the Spread of Germs and Prevent Infection:

- **Wash your hands** often to help protect you from germs.
- **Avoid touching your eyes, nose or mouth**.
- **Avoid close contact** with people who are sick.
- When you are sick, **keep your distance** from others to protect them from getting sick too.
- **Cover your mouth and nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Disinfect** surfaces frequently to limit the spread of germs.
- **Practice other good health habits**. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

How Can You Prepare?

- Stay informed with up to date information
    - https://hampton.gov/coronavirus
    - https://www.cdc.gov/coronavirus/2019-ncov/
    - http://www.vdh.virginia.gov/surveillance-and-investigation/novel-coronavirus/
    - https://www.ready.gov/
    - Call 311