



Novel Coronavirus 2019 (COVID-19)

As news about how the Novel Coronavirus 2019 (COVID-19), continues to spread around the globe, Boone County Public Health and Human Services (PHHS) would like to share important information to help residents stay safe and support others. While we know this new coronavirus strain is concerning, it is important to be prepared, not panicked. We are working closely with federal, state and local healthcare partners to monitor the spread of the virus and are prepared to respond swiftly. Because this is a changing situation, the most up to date information on COVID-19 is available on the federal Centers for Disease Control's website <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

The Missouri Department of Health and Senior Services has activated a statewide public hotline for citizens or providers needing guidance regarding COVID-19. The hotline can be reached at 877.435.8411. The hotline is being operated by medical professionals and is available 24 hours a day, 7 days a week.

If You Believe You Have Symptoms

- Call the COVID-19 Hotline at 877.435.8411. **Do not go to the emergency room or doctor's office before calling.** If unable to get through, call your local healthcare provider.
 - If you do not have a local healthcare provider, call the Boone County Health Department at 573.874.7355.
- Follow the instructions provided by healthcare professionals.
- Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- Avoid public areas: Do not go to work, school, or public areas.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.
- Stay away from others: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

How can I prevent myself from getting COVID-19?

- There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus. To protect against and prevent the spread of respiratory diseases, PHHS recommends:
 - Avoiding close contact with people who are sick.
 - Avoiding touching your eyes, nose and mouth.
 - Staying home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
 - Cleaning and disinfecting frequently touched objects and surfaces using a regular household cleaning spray or wipe.

- Following 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 someone in close settings](#) (at home or in a health care facility).
- 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 your hands are visibly dirty.