

Facts and Resources:

If a High Risk Person is Ill

The CDC recommends that people in the high risk group who feel sick with fever, cough, or difficulty breathing, take the following steps:

- **Seek medical advice – But call ahead** before you go to a doctor's office or emergency room. Tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash your hands with soap and water immediately after coughing, sneezing or blowing your nose. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- The State of Alaska suggests people in Alaska call the DHSS Section of Epidemiology at (907) 269-8000 or after hours at (800) 478-0084 **before visiting a health care provider**. If you have any questions, please call (907) 269-8000 during business hours.

As of February 19, the US Centers for Disease Control (CDC) reports 15 confirmed COVID-19 cases in the US, and 42 US States and territories with "persons under investigation."

<https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>

The CDC has also issued a **Level 1 Watch for Japan and Hong Kong**, recommending that "*travelers practice usual precautions.*"

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

As of February 20, the Alaska Department of Health and Social Services (DHSS) website reports there have been no confirmed cases of Coronavirus (COVID-19) infection in Alaska.

<http://dhss.alaska.gov/dph/Epi/id/Pages/Human-Coronavirus.aspx>