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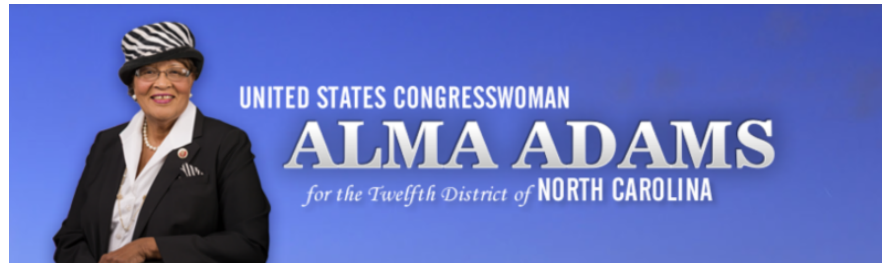
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What You Need To Know About The Coronavirus

Office of Congresswoman Alma Adams [repalmaadamsnc12@gmail.com]

Sent: Wednesday, March 04, 2020 3:16 PM

To: [Steve Johnston](#)

Dear Friend,

I want to take a moment to share basic information about the coronavirus and to provide important updates on how we all can stay safe during this unsettling time. The respiratory disease caused by coronavirus, first detected in Wuhan City, Hubei Province, China, has now been detected in 73 locations internationally and 13 states within the US. While the family of coronaviruses has been around for some time, the Coronavirus Disease 2019, or COVID-19, is a new kind of coronavirus.

In responding to the spread of the COVID-19, Congress is working with federal agencies to address this public health crisis in a smart, strategic, and serious manner. We want to be fully prepared, not panicking as we move forward to ensure adequate funding, respect for science, and evidence-based decision-making. The first step Congress must take is to ensure the government has the resources needed to combat this deadly virus and keep Americans safe. That is why the House will be advancing a strong, strategic emergency funding supplemental that fully addresses the scale of this public health situation.

There has been one (1) confirmed case of COVID-19 in North Carolina. While there are no confirmed cases of COVID-19 reported in Charlotte, Mecklenburg County, it's important to remain vigilant.

Risk Assessment

Outbreaks of novel virus infections among people are always of public health concern. The risk from these outbreaks depends on the characteristics of the virus, including how well it spreads between people, the severity of resulting illness, and the medical or other measures available to control the impact of the virus.

At this time, however, most people in the United States will have little immediate risk of exposure to this virus. This virus is NOT currently spreading widely in the United States. However, it is important to note that current global circumstances suggest it is likely that this virus will cause a pandemic. This is a rapidly evolving situation and the risk assessment will be updated as needed. For the general American public, who are unlikely to be exposed to this virus at this time, **the immediate health risk from COVID-19 is considered LOW.**

CDC has developed [guidance to help in the risk assessment and management](#) of people with potential exposures to COVID-19.

Symptoms

The CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.

Symptoms include:

- Fever
- Cough
- Shortness of breath; difficulty breathing

Prevention

Currently, there is no vaccine to prevent COVID-19. However, experts at the Centers for Disease Control and Prevention (CDC), hospitals, drug manufacturers, and laboratories across the country are working collectively to develop treatments and vaccines.

The CDC recommends everyday preventive actions to help protect against and prevent the spread of respiratory diseases, including:

- Wash your hands with hot, soapy water for at least 20 seconds.
- Cover your mouth, ideally with an elbow, when you cough or sneeze.
- Get a flu shot, not necessarily because it will prevent the spread of coronavirus, but so that you stay healthy and out of the doctor's office.
- And, if you're not feeling well, stay home from work and get better.

For more information on the coronavirus, please visit [here](#). And, if you are planning on traveling, please visit the [CDC's Information for Travel guide](#).

Pregnant women

The Centers for Disease Control and Prevention (CDC) also has [information specifically for pregnant women and children](#).

Additional Information:

What's Happening in North Carolina?

Experts have been working hard to understand this new strain of coronavirus. Because new information is coming out every day, please visit the sites below to stay up to date. [The Mecklenburg County Department of Health](#) provides updates on the disease's spread within the state, as well as frequently asked questions available [here](#). [The North Carolina Department of Health & Human Services](#) provides comprehensive resources on the State's response and preparedness.

If you have specific questions or concerns related to coronavirus, call 866-462-3821 for more information. Other important resources for specific groups is below:

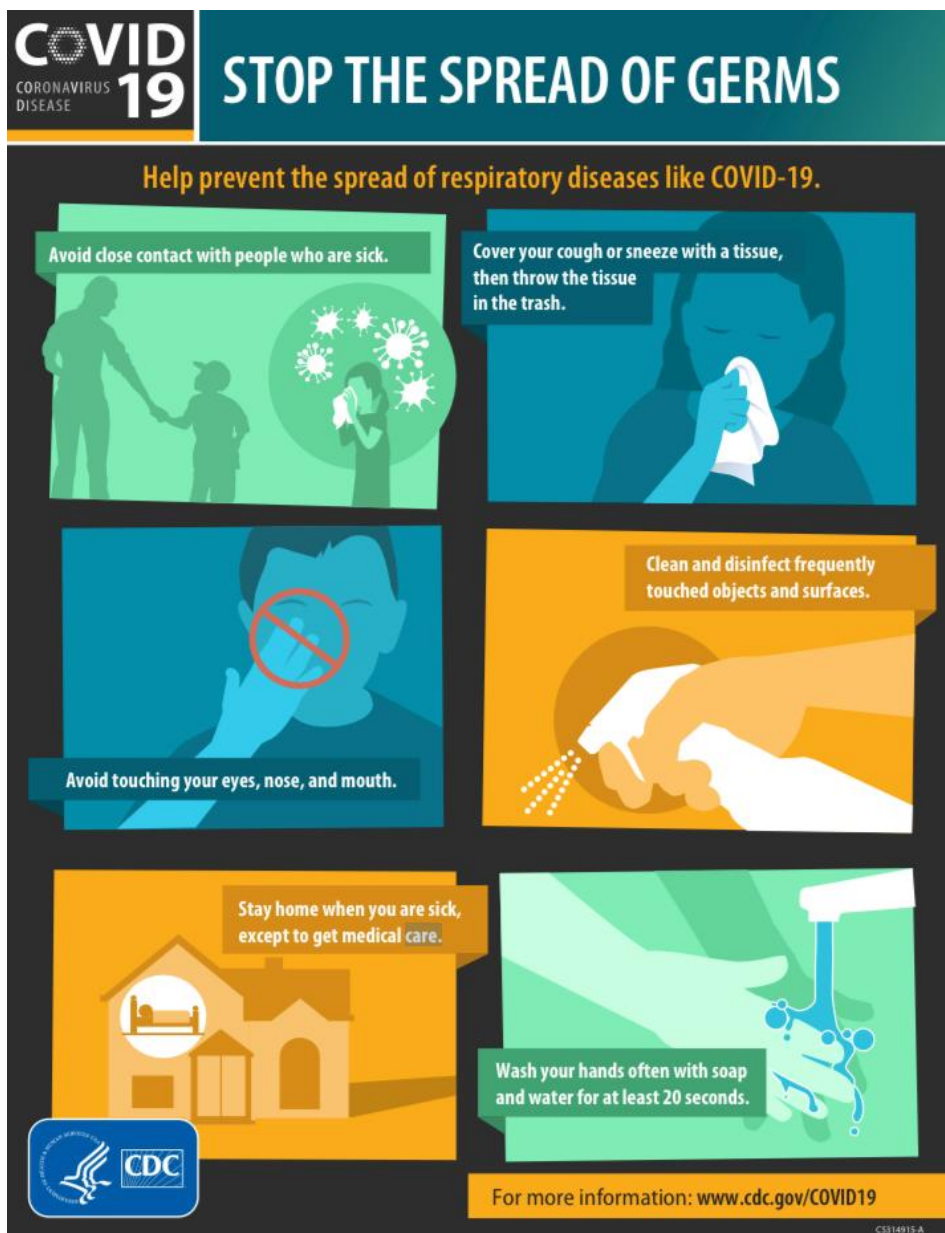
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The State Department provides a list of travel advisories for those who are planning to fly outside of the United States. I maintain a dedicated Coronavirus Resources page on my House website HERE.

Your safety and the safety of your loved ones is of the utmost importance to me and my excellent staff. If you have any questions or concerns, please do not hesitate to call my District Office at 704-344-9950. In the meantime, be safe and well.

Best Regards,

Congresswoman Alma S. Adams, Ph.D.



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Phone: 704-344-9950

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