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What is the CoronaVirusCOVID-19?

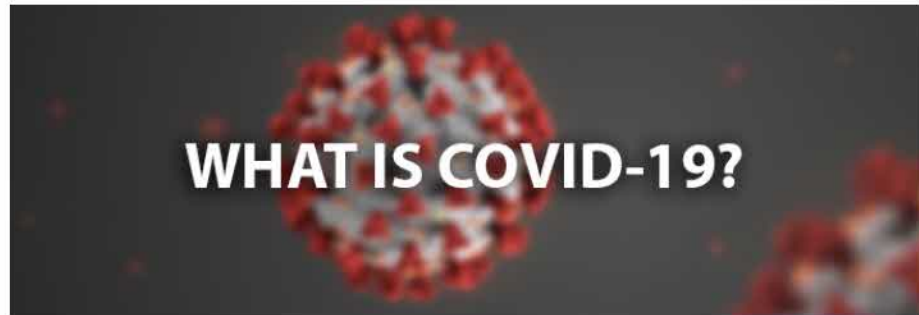
## What is the CoronaVirusCOVID-19?

Updated on 04-26-2020

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### What is COVID-19?

- Coronaviruses are a large family of viruses that are common in humans and many different species of animals, including camels, cattle, cats, and bats.
- Rarely, animal coronaviruses can infect people and then spread between people, such as with MERS-CoV, SARS-CoV, and now with this new virus named SARS-CoV-2.
- The following people are at a high risk for becoming seriously ill if infected:
  - People > 65 years old
  - People who live in a nursing home or long term care facility
  - People with serious medical conditions such as HIV, weakened immune systems, moderate or severe asthma or other chronic lung conditions, undergoing treatment for cancer, morbidly obese, poorly controlled diabetes, or kidney or liver disease.
  - People who are pregnant

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### How is it spread?

- The virus is thought to spread from person to person if in close contact (less than 6 feet) from one another. The virus spreads through respiratory droplets (coughing, sneezing, running nose) that are inhaled by the person in close contact. It may also be spread from contaminated high touch surfaces when a person then touches their eyes, nose, or mouth.

### What are the most common symptoms?

- symptoms are typically mild and may include fever, cough, or shortness of breath.

### What should I do if I think I may have been exposed to the virus?

- Information regarding what to do if you may have been exposed is available here:

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### What should I communicate to inmates?

- Communicate clearly and frequently with inmates about changes to their daily routine and how they can contribute to risk reduction.
- Provide up-to-date information about COVID-19 to inmates including symptoms of COVID-19 and health risks. Posters are available here: [\(b\)\(7\)\(E\); \(b\)\(7\)\(F\)](#)
- Remind inmates to report COVID-19 symptoms to staff at the first sign of illness. Notify medical staff if an inmate reports symptoms.

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### What can I do to manage stress?

- The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Tools for coping with stress

will help you, the people you care about, and your community stronger. "Resources for Staying Well During COVID-19" can be found [here](#).

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- [Guide to Living with Worry and Anxiety Amidst Global Uncertainty](#)
- [Coronavirus Anxiety Workbook](#)
- Please don't forget that EAP is always available.  
The Employee Assistance Program (EAP) for the Bureau of Prisons  
Someone to talk to all day, all week, all year - (b)(7)(C) TTY.
- The BOP has also activated a [Staff Support Line](#) to assist during this crisis.

Adapted from CDC guidance found here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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