

health  chats

# STOPPING COVID-19



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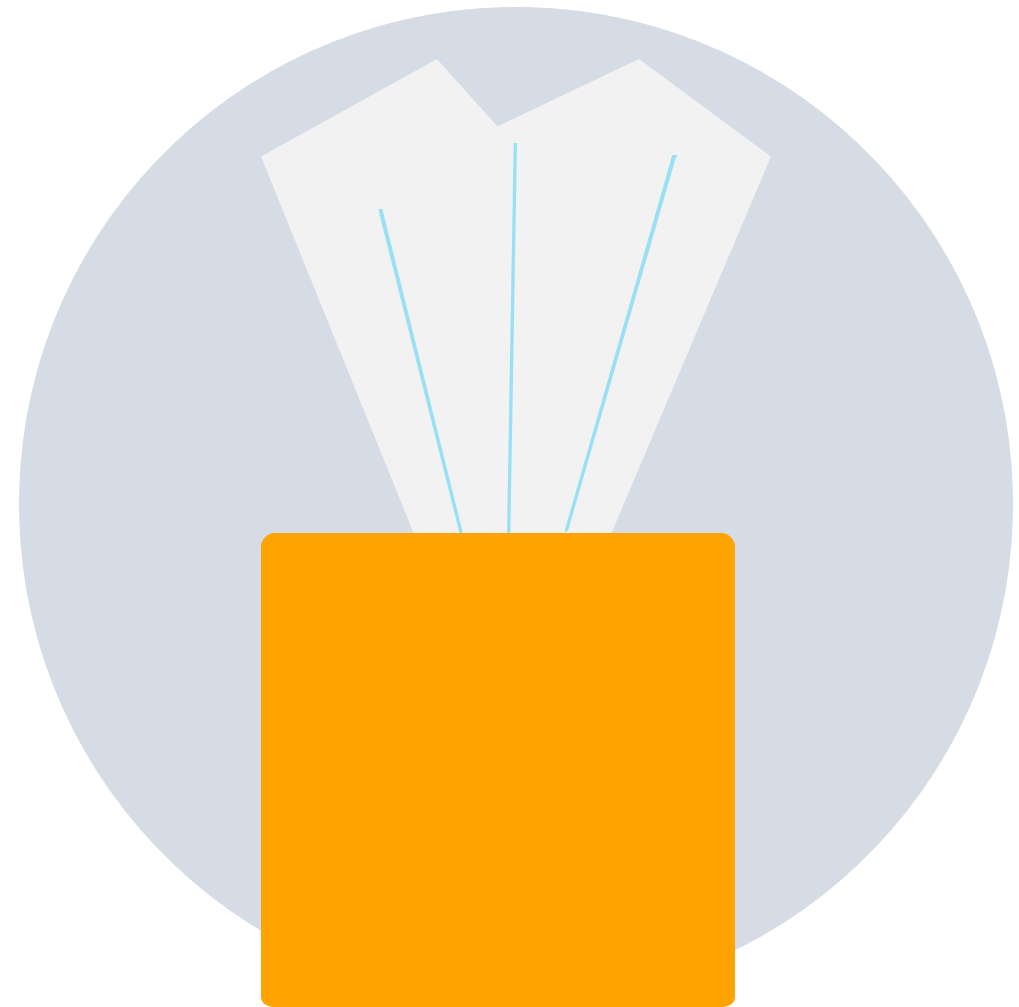


**ROSEMARY KU** MD, MBA, MPH

Chief Medical Officer, UnitedAg

# Today's Topics

- ✔ COVID-19 facts
- ✔ COVID-19 food and safety
- ✔ Prevention strategies
- ✔ High-risk populations
- ✔ What to do if you're sick
- ✔ Q&A



# COVID-19 Facts

Virus **SARS-CoV-2**

Condition **COVID-19**

- ✓ Key symptoms: fever, cough, shortness of breath
- ✓ Illness ranges from mild to severe
- ✓ Person-to-person droplet transmission
- ✓ Incubation period median 5 days (typical range 2 – 14 days)
- ✓ Most contagious when symptomatic, possibly contagious before symptoms show
- ✓  $R_0 = 2.2$
- ✓ Case fatality rate ranges by age



# COVID-19 & Food Safety



No cases of spread through  
**food or food packaging**

No recommendations beyond standard  
food safety and facility cleaning protocols

**Food handlers need to stay home  
when sick**

# Prevention Strategies



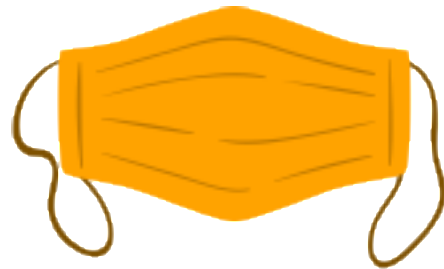
Social distancing  
minimum 6 ft



Maintain good  
hygiene



Self-isolation if symptomatic  
even if mild



Self-quarantine for 14 days if you've  
traveled to hotspots or been  
exposed to anyone tested positive



Optimize  
immune system

# High-Risk Populations

**Older** adults

Chronic **medical** conditions

**Pregnant** women

- Avoid public spaces
- Three-month supply of medications to avoid going to the pharmacy
- Get as much delivered as possible instead of going to stores
- Work from home if possible





# If You Get Sick

## Stay **home**

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Self-isolate

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Wear a facemask

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Control symptoms with  
over-the-counter medications

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**Call before going to the  
doctor or use Teladoc**



# Resources

Your membership includes great benefits, including

## Teladoc

[teladoc.com](https://teladoc.com)

## Health & Wellness Centers

[unitedag.org/wellnesscenters](https://unitedag.org/wellnesscenters)



# Questions?

[unitedag.org/coronavirus](https://unitedag.org/coronavirus)

We're here for **you**