

COVID-19 Frequently Asked Questions

Q: How does COVID-19 Spread?

A: COVID-19 can spread:

1. Person-to-person spread
 - The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
2. Spread from contact with infected surfaces or objects
 - It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

Q: Can someone spread the virus without being sick?

A: People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Q: How easily does the virus spread?

A: How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Q: What are the Symptoms of COVID-19

A: Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

Symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath

Q: What should I do if I have the symptoms above?

A: Call your healthcare professional if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you have recently traveled to China, Iran, Japan, Hong Kong or Northern Italy, or if you have been in contact with anyone who has traveled to one of these places recently.

Q: Should I be tested for COVID-19?

A: Your healthcare professional will work with your state's public health department and CDC to determine if you need to be tested for COVID-19.

Q: What is my community doing to minimize the risk of the CVOVID-19 from spreading at Holiday communities?

A: Presently, no actual or suspected cases of coronavirus have been reported at any Holiday community. However, Holiday Retirement is continuing to monitor the situation and implement precautions on a proactive basis.

1. More frequent and vigorous cleaning of high touch areas, such as doorknobs, handrails, keyboards, telephones, and elevator buttons and Common areas
2. Educating staff, residents, and visitors of the things they can do to reduce the risk of infection:
 - **Wash hands** often using soap and warm water.
 - **Avoid touching** your eyes, nose or mouth with unwashed hands.
 - **Avoid close contact** with people who are sick.
3. Rapid escalation of illnesses. If any resident or associate exhibits fever, cough, and shortness of breath symptoms, immediately inform your General Manager.
4. Actively encourage sick associates to stay home and sick residents to stay in their apartments.
5. Emphasize respiratory etiquette and hand hygiene by all residents and associate:
 - Place posters that encourage [staying home when sick](#), [cough and sneeze etiquette](#), and [hand hygiene](#) at the entrance to your workplace and in other workplace areas where they are likely to be seen.
 - Provide tissues and no-touch disposal receptacles for use by residents and associates.
 - Instruct residents and associates to clean their hands often with an alcohol-based hand sanitizer that contains at least 60-95% alcohol or wash their hands with soap and water for at least 20 seconds. Soap and water should be used preferentially if hands are visibly dirty.
 - Provide soap and water and alcohol-based hand rubs in the community. Place hand rubs in multiple locations or in conference rooms to encourage hand hygiene.
6. Screening visitors prior to entry to identify potential for risk.
 - Ask all visitors, including family members, vendors and outside care providers, to identify whether (1) they have traveled recently to China or Iran within the last 21 days, (2) they have been in contact with anyone who has traveled to one of these places within the last 30 days or has been exposed to coronavirus, or (3) they are experiencing cough, shortness of breath, and fever symptoms.
 - If the visitor answers "yes" to any of these questions, explain Holiday's protocol of protecting the safety of associates and residents and ask the visitor to make alternative plans to meet with resident out of the community.

- Ensure signs are present at the main entrance and the front desk to facilitate the self-identification process.

Q: Should I be concerned about pets of other animals and COVID-19?

A: There is no reason to think that any animals including pets might be a source of infections. To date, the CDC has not received any reports of pets or other animals becoming sick with COVID-19. It's always a good idea to wash your hands after being around animals.