



# JRTC and Fort Polk Coronavirus 19 (COVID 19) Fact Sheet

**Situation:**

- At this time there have been no confirmed cases of Coronavirus 19 at the JRTC and Fort Polk or in the surrounding communities.

**How to reduce your risk:**



While the risk of contracting COVID 19 in our area is currently very low, there are a few simple steps you can take to protect yourself and your family from illness. In addition to following the tips noted above, try and avoid contact with people who are sick. Seek medical care early if you develop a fever, cough and/or difficulty breathing.

<u>Transmission</u>	<u>Symptoms</u>	<u>Risk Factors</u>
<p>The virus is most commonly spread from an infected person to others through:</p> <ul style="list-style-type: none"> <li>- contact, such as touching or shaking hands.</li> <li>- touching an object or surface with the virus on it then touching your mouth, nose or eyes before washing your hands.</li> <li>- less frequently, through the air by coughing or sneezing in close proximity to another person.</li> </ul>	<p>The virus usually causes a mild to moderate upper respiratory tract illness and only lasts for a few days:</p> <p><u>May include:</u></p> <ul style="list-style-type: none"> <li>- Runny nose</li> <li>- Headache</li> <li>- Cough</li> <li>- Sore throat</li> <li>- Fever</li> <li>- General feeling of being unwell</li> </ul>	<p>While we are still learning about how this virus affects people, there are some individuals who appear to face a higher risk of developing serious illness when exposed to COVID 19:</p> <ul style="list-style-type: none"> <li>- Older persons</li> <li>- Persons with pre-existing medical conditions</li> <li>- As is the case at Fort Polk, if you live in a community without any cases of COVID 19 or any ongoing spread of illness, the immediate health risk from COVID-19 is considered low.</li> </ul>

For more information please contact:

Louisiana Office of Public Health, Coronavirus Information Line: (855) 523-2652 (0800 - 1630)

Tricare Nurse Advice Line: (800) TRI-CARE (874-2273)

