



# HARTLAND DEERFIELD FIRE AUTHORITY **HARTLAND AREA FIRE DEPT.**

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## Coronavirus Information

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Please note that **our intent is NOT to propagate fear but rather, practice discerning precaution.** As we have all been bombarded with information from social media, newscasts and health alerts, the coronavirus (currently labeled COVID-19) that began in Wuhan, Hubei Province China is spreading. It is important to understand that coronaviruses are a huge family of viruses that we have been living and dealing with for hundreds of years. COVID-19 is a new strain of this common cold/flu virus that seems more severe, similar to MRSA and SARS (both coronavirus family relatives). As it is a brand-new strain and is spreading fairly rapidly, the Centers for Disease Control (CDC) and World Health Organization (WHO) are racing to learn about it and try to get ahead of it. For that reason, most of what is heard or reported about COVID-19 is somewhere between reasonable estimation and outright guesswork.

What we know is, to date, there are no actual cases of it in Michigan. There were 341 people in Michigan who had voluntarily quarantined themselves for monitoring, as they were at-risk due to recent travel or contact with travelers from that region. Most of those folks have cleared their 14-day incubation period and are no longer quarantined as they do not have it. Below is info on what we are doing at the Fire Department, which we are recommending for use by everyone at home, work, and play also. It will sound quite similar to the standard precautions taken for the common cold and the flu, just ratcheted up a bit. Beyond that, please don't hesitate to talk to us if you have other questions.

### **Be vigilant!**

Like all respiratory infections (bacterial and viral), coronavirus presents with flu-like symptoms, including fever, cough, difficulty breathing, and is spread person-to-person via the usual cold & flu routes. So, as always; if it's wet and it's not yours, don't get it on you. Especially people who are coughing, which atomizes (sprays) into the air around them.

### **Cover your mouth with a tissue or your elbow when you cough or sneeze (not your bare hands).**

Boxes of tissue scattered around make this easy. Alternatively, put individual packages of tissues in your pocket and car. This makes it easier to get a tissue when you need it. Then, wash your hands with warm water & soap.

### **If you are sick, stay home!**

If you have flu-like symptoms, you should also avoid close contact with people who are well, and you should stay home until you have not had a fever for twenty-four hours. This cannot be overstated: if you are sick with the flu, don't go to places with other healthy people. Stay home and get well.

### **Ways to stay healthy:**

While you are still healthy and not showing any symptoms of infection, some very simple steps can be practiced:

1. Frequent handwashing...even if you're not sneezing; there are many other things you have touched.
2. "Hands-off-the-face". Resist all temptations to touch any part of the face (except to eat or bathe).
3. Observe the "6-foot" rule...if someone is or is likely infected, keep your distance!
4. Boost your natural immunity with foods that are rich in Vitamin C. If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
5. There is no vaccination at this time. However, vaccination is a personal choice based on information and should only come with high recommendations from medical professionals.

### **Remember!**

It is important that we do our best to prevent infecting any of our family members; our families don't run without us! These guidelines are just some of the many things we can do to help. For much more information on COVID-19 and its developments, visit the CDC's site at <https://www.cdc.gov/coronavirus/2019-ncov/index.html> Thanks for doing your part!