

# FEATHER RIVER RAIL SOCIETY

DATE: February 2020  
ITEM: New Business Item 1  
FROM: Eugene Vicknair

## ILLNESS AND VOLUNTEERS

I received a request by Matt Shuman to share the following information with the Board and our members. Considering the recent flu that went through the area, we need to be aware of not “sharing” any illness with our guests and fellow volunteers. With the Coronavirus becoming a concern, we need to ensure that information is available, but to keep on alert and to not have false information.

Listed below are common questions with answers as well as a link to the Health and Human Services Agency (HHS) Novel Coronavirus webpage.

### 1. What is my risk of getting the 2019 Novel Coronavirus?

- a. At this time, the risk of catching the 2019-nCoV in the U.S. is low. The highest risk is for people who have travelled to China, or for people who have been exposed to someone with a confirmed case of the virus.

### 2. How common is this virus in our immediate surroundings?”

- a. To date, there have been eleven cases in the U.S., with six of those in California. All U.S cases were associated with travel to China or a household contact of a traveler.

### 3. How contagious is the 2019-nCoV?”

- a. Right now, it is believed that this virus is only passed between close, person-to-person contacts (e.g., family members and unprotected health care workers). The virus is spread via airborne droplets produced when an infected person coughs or sneezes—similar to how influenza (the flu) is spread. It’s unclear if a person can get 2019-nCoV by touching a surface or object that has the virus on it and then touching their mouth, nose or eyes.

### 4. How severe is the 2019 Novel Coronavirus?

- a. The 2019-nCoV causes respiratory illness, with severe cases involving viral pneumonia and associated complications. There are likely mild cases that are not reported in China, making it difficult to know the total number of cases. Because mild cases are less likely to be reported, it is hard to be certain about the percentage of all cases that become severe or lead to death.

### 5. So, what are we doing locally?

- a. In the U.S., public health efforts are focusing on containing spread of 2019-nCoV by monitoring people who have travelled from China.

### 6. What can I do to protect myself?

- a. Please remember that we are also in the midst of cold and flu season. If you come down with flu-like symptoms, it is most likely the common cold or flu.

**7. To limit exposure to any respiratory illnesses, please:**

- a. Practice good hygiene (wash hands frequently, stay home from school or work when sick).
- b. Take care of yourself when sick, especially if you have underlying medical conditions.
- c. Get your annual influenza vaccination. It is free with your county health insurance at your primary care provider and most pharmacies. Last year there were 34,000 U.S. deaths due to influenza, including young children.

REQUEST: Review information and share with volunteers.