GENERAL ORDER #2   March 11, 2020
   2019-2020 Series

TO BE READ AT A REGULAR MEETING AND FILED:

1. As of March 11, 2020, 19 cases of the Coronovirus have been identified in the state of Oregon. There are cases in Polk, Marion, Umatilla and Deschutes County, however the chances for infection at a VFW or Auxiliary meeting or function remains very low. We are not anticipating the necessity to cancel events at this time, however, Post and District officers should be aware of events in their communities that indicate a significant change in the situation, such as school closings, at which time canceling events is appropriate. If you do feel that it would be appropriate to cancel events or meetings, please notify Department immediately.
   We understand that many of our members may be at higher risk of serious illness because of age and chronic medical conditions such as heart disease, diabetes, and lung disease and that they should take actions to reduce their risk of getting sick. So, we are asking our members to be aware of the symptoms and risks of infection and take precautions against infection. Please read the following information:

2. <u>Know the Symptoms:</u>
   COVID-19 causes flu and cold-like symptoms, including fever, cough, and shortness of breath. The symptoms usually appear 2 to 14 days after being exposed to the virus.

3. <u>How it spreads:</u>
   The coronavirus spreads through respiratory droplets from coughs or sneezes. These droplets fall to surrounding surfaces, and when touched, end up on your hands. The virus then enters the body when you touch your eyes, nose, or mouth.

4. <u>Take precautions against infection:</u>
   a. Keep your hands clean by washing with soap and water for at least 20 seconds or using a hand sanitizer with at least 60 percent alcohol
   b. Avoid touching your eyes, nose, and mouth
   c. Cover your coughs and sneezes with tissues or your arm/sleeve and dispose of tissues in the trash
   d. Avoid people who are sick
   e. Avoid sharing items like dishes and bedding and keep surfaces clean with disinfecting wipes Get a Flu Shot if you haven't already. While there currently is no vaccine to prevent the coronavirus, you are still advised to get a flu shot. The flu vaccine won't protect you from the coronavirus, but it could prevent you from getting both viruses at once.

5. What to do if you think you are infected

   Please stay at home and separate yourself from other people. Treat your symptoms with Tylenol, ibuprofen, or over the counter cough medications. Call your health care provider before you go to the office / facility.

6. Understand the risk:

   a.   The Centers for Disease Control and Prevention considers the virus a serious public health threat. For the general public, the immediate health risk from the coronavirus currently is low.

   b.   People in communities where ongoing community spread with the virus that causes COVID-19 has been reported are at elevated though still relatively low risk of exposure.

   c.   Healthcare workers caring for patients with COVID-19 are at elevated risk of exposure.

   d.   Close contacts of persons with COVID-19 also are at elevated risk of exposure.

   e.   Travelers returning from affected international locations where community spread is occurring also are at elevated risk of exposure.

   f.   Based on current infection rates, the flu is much more common than the coronavirus.

References
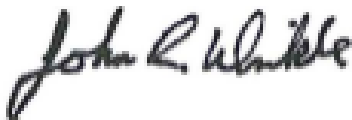VA
Update: https://www.visn19.va.gov/VISN19/news/coronavirus/Coronavirus_Information_and_Updates_SLC.asp
CDC Situation Summary: https://www.cdc.gov/coronavirus/2019-ncov/summary.html
Prevention: https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm
High Risk: https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html

BY ORDERS OF: ATTEST:

JOHN WRINKLE   CHERYL CAMPOS
State Commander   Adjutant