



OKLAHOMA
State Department of Health

COVID-19 Fact Sheet

CURRENT SITUATION

- There are two confirmed positive cases of COVID-19 in Oklahoma at this time.
- The Oklahoma State Department of Health consults with health care providers to determine if patients meet the symptom and travel history criteria which would warrant further investigation and testing.
- We are testing individuals who meet the criteria for persons under investigation through the CDC at this time. The public health laboratory in Oklahoma has received test kits from the CDC, and we are in the process of validating that the test kits work as expected.
- While testing is pending, the routine process of investigating suspected infectious disease events is to identify contacts who were at risk of exposure and implement control measures to prevent further transmission.
- We are constantly monitoring the situation across the state and with our national and international health partners to stay ahead of the situation.
- Oklahoma State Department of Health is establishing a call center to answer the public's questions.

PREVENTION AND TREATMENT

Efforts to develop a vaccine are currently fast tracked, but currently there is no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, the CDC always recommends everyday preventive actions to help reduce the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.



These are everyday habits which can help prevent the spread of several viruses. CDC has specific guidance for travelers at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

There are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own. However, you can do some things to relieve your symptoms:

- Take pain and fever medications (Caution: do not give Aspirin to children).
- Use a room humidifier or take a hot shower to help ease a sore throat and cough.

If you are mildly sick, you should:

- Drink plenty of liquids
- Stay home and rest

If you are concerned about your symptoms, you should call your health care provider immediately. People who think they may have been exposed to COVID-19 should contact a health care provider in advance before arriving to a health care facility to ensure appropriate infection control measures for assessment, testing and treatment.

RESPONSE

In the event Oklahoma receives a confirmed case, the Oklahoma public health system will activate the Incident Command System and stands ready with a multitude of statewide and national partners to treat and minimize further spread. Public health officials will continue to work with health care providers and medical facilities to ensure proper assessment, testing and treatment protocols. State and local public health officials will continue to monitor travelers and any individuals who test positive for COVID-19.

