



Coronavirus Disease 2019 (COVID-19)

CONFIRMED CASES REPORTED FOR NEW MEXICO - Source: NMDOH Website, May 20, 2020

What is coronavirus disease 2019 (COVID-19)?

This is a respiratory illness that can spread from person to person. An outbreak of respiratory disease caused by a novel (new) coronavirus was first detected in Wuhan, China. The virus is named “SARS-CoV-2”. The disease it causes is named “coronavirus disease 19” or referred as COVID-19. On March 11, 2020, the COVID-19 outbreak was characterized as a pandemic by the World Health Organization. A pandemic is a global outbreak.

What is the source of the virus?

Coronaviruses are a large family of viruses common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS-CoV, SARS-CoV, and now with this new virus named SARS-CoV-2. All three viruses are betacoronavirus & have their origins in bats. The sequences from U.S. patients are similar to the one China initially posted, suggesting a likely single, recent emergence of this virus from an animal source.

How does COVID-19 spread?

The virus that causes COVID-19 emerged from animal sources, but now its mainly spreading from person to person between people who are in close contact with one another (within about 6 ft), and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people nearby or possibly be inhaled into the lungs.

Spread can occur from contact with infected surfaces or objects that have the virus on it and then touching their own mouth, nose, or eyes. This is not thought to be the main way the virus spreads. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (community spread) in some affected areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Cases of COVID-19 in the U.S.

The first case of COVID-19 in the US was reported on January 21, 2020. Current data of reported confirmed positive cases of COVID-19 to CDC is 1,504,830 total cases and 90,340 deaths. A total of 50 states and 5 U.S. territories publicly reported cases. Now that states are testing and reporting their own results, CDC’s numbers are not representative of all testing nationwide.

According to the New Mexico Department of Health (NMDOH), the current data for reported COVID-19 confirmed positive cases is 6,192 and a total of 142,246 tests have been conducted since May 20, 2020. A total of 481 hospitalizations are reported and 276 total deaths related to COVID-19. Test results are from the state Scientific Laboratory Division, NMDOH.

**Data is rapidly changing as new cases are reported. For current data visit CDC & NMDOH websites below.*

What are symptoms of COVID-19?

People with COVID-19 have a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these or combinations of, may have COVID-19:

- Cough and Shortness of breath

Or at least two of these symptoms:

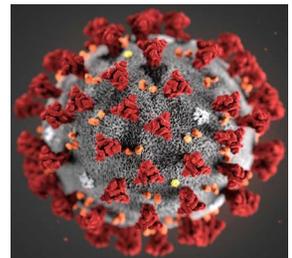
- Fever
- Muscle pain
- Sore throat
- Chills
- Headache
- New loss of taste or smell
- Repeated shaking with chills

What are severe complications from the virus?

Many patients have pneumonia in both lungs. The full clinical picture with regard to COVID-19 is not fully understood. Although, older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, seem to be at greater risk for serious illness.

Is there a treatment?

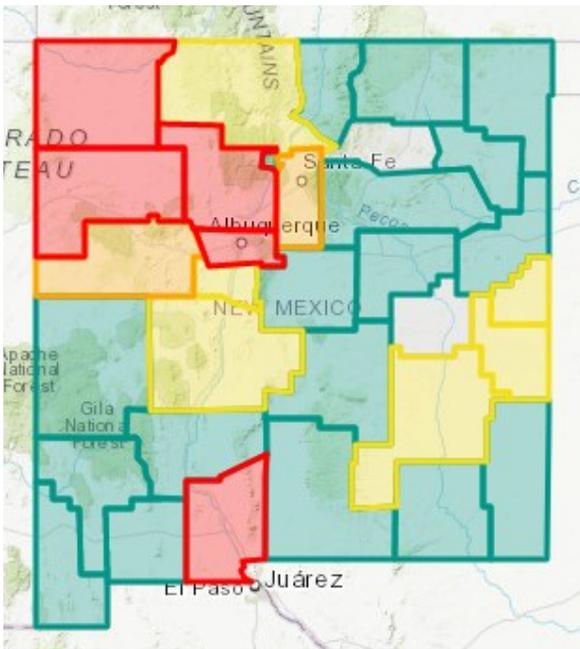
There is no specific antiviral treatment for the COVID-19. People with COVID-19 disease can seek medical care to help with relief of some symptoms.



NMDOH COVID-19 in New Mexico

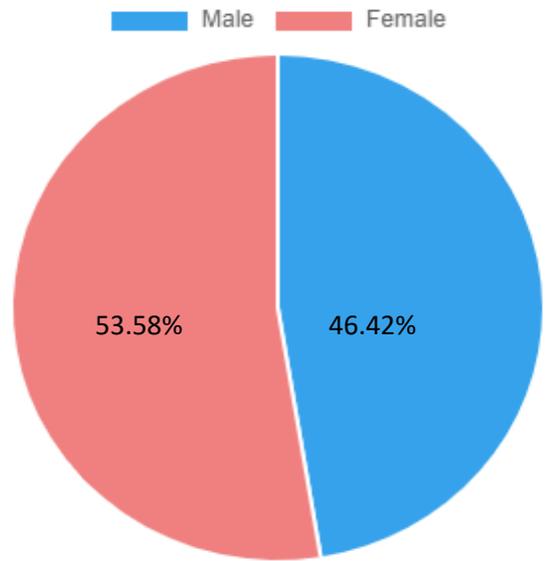
Data provided by the New Mexico Department of Health website on May 20, 2020. Data changes daily.
 For updated information, please visit cvprovider.nmhealth.org/public-dashboard.html

Statewide Map of New Mexico

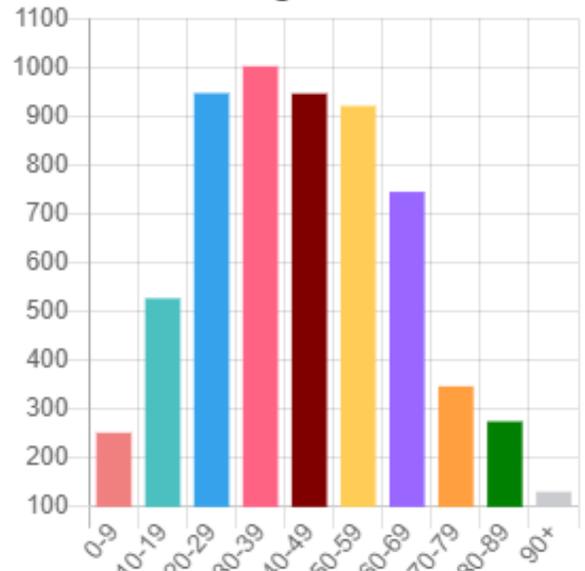


Map Key: ■ 201+ Cases ■ 76-200 Cases ■ 26-75 Cases ■ 1-25 Cases ■ 0 Cases

Statewide Gender Breakdown

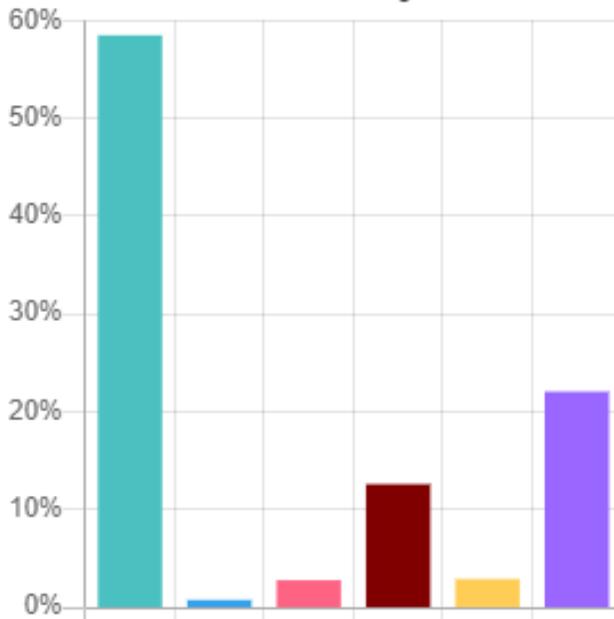


Statewide Age Breakdown



0-9 : 4.14%	50-59 : 15.12%
10-19 : 8.65%	60-69 : 12.23%
20-29 : 15.54%	70-79 : 5.70%
30-39 : 16.45%	80-89 : 4.51%
40-49 : 15.53%	90+ : 2.15%

Statewide Race/Ethnicity Breakdown



AI/AN : 58.47%	African American: 2.76%	Unknown: 2.88%
Asian : 0.74%	White: 12.57%	Hispanic/Latino: 22.04%

Steps to Prevent Illness from COVID-19

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). **The best way to prevent illness is to avoid being exposed to this virus.** The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



Older adults & people with severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Consult with your health care provider about steps you may be able to take to protect yourself.

Steps to Protect Yourself



Clean your hands often

- Wash your hands often with soap & water for at least 20 seconds especially after being in a public place, and after blowing your nose, coughing, or sneezing. If soap & water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **Avoid touching your eyes, nose, & mouth** with unwashed hands.



STAY HOME & “SOCIAL DISTANCE” to avoid close contact

- Avoid close contact with people who may be sick or who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Steps to Protect Others



Stay home if you're sick, except to get medical care.

- Do not go to work, school, or public areas in the community.
- Isolate yourself in a specific room or area that is away from others & animals, and use a separate bathroom, if possible.



Cover coughs and sneezes

- Cover your mouth & nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw tissue in the trash. Wash your hands with soap & water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect all “high-touch” surfaces every day

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

CALL AHEAD FIRST BEFORE VISITING YOUR DOCTOR

If your symptoms worsen (trouble breathing), call for help and let your healthcare provider know your symptoms. The provider will guide you through the necessary steps to keep other people from getting infected or exposed, and will allow time for their office to prepare for your arrival, if necessary. Local hospital numbers for reference are:

Laguna and Surrounding Areas

- POL Public Health Nurse (505) 552-5748
- ACL Hospital (505) 552-5300
- POL COVID-19 Hotline (505) 328-5682