

****The information in this FAQ is provided by the CDC. Questions specific to your county should be directed to your local public health officials and offices. This document will be updated as we receive more questions. Last updated: 3/14/2020.****

What is a coronavirus?

Coronaviruses are a large family of viruses causing illness in both animals and humans ranging from mild illnesses such as the common “cold” to more severe illnesses that caused previous pandemics including SARS and MERS. The current coronavirus outbreak is caused by a “new” coronavirus. WHO is emphasizing that our ability to prevent, contain and respond to this new outbreak relies on our understanding that this virus has different characteristics than previous coronaviruses, that we do not yet fully understand its behavior, and that we must approach this virus as a new “unknown” coronavirus. The coronavirus (COVID-19) was first reported in Wuhan (pop. 11 M) within the Hubei province of China on Dec. 31, 2019.

What are the symptoms?

The symptoms of the coronavirus are fever, dry cough, shortness of breath, and muscle aches. Symptoms may appear between two and 14 days of exposure. If you believe that you may have the coronavirus, please contact your health care provider immediately.

What kind of precautions should I be taking?

Beyond cancelling and postponing travel to places identified as a High Risk area, the best day to day preventative measures to avoid being exposed to this virus are as follow:

- Stay home when you are sick.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty.
 - [See CDC's Handwashing page for more information.](#)

Where can I monitor Idaho cases?

CLICK HERE: [You can monitor Idaho cases here.](#)

What steps are Idaho Democrats taking to help us stay safe?

We have closed the IDP office to the public and cancelled all staff travel and are staying on top of CDC updates to ensure appropriate plans and potential alternative options are put in place for each upcoming Democratic gathering including trainings, conventions, caucuses and meetings. Contact info@idahodems.org to address questions this FAQ does not already include.

What does this mean for the state and national conventions?

The IDP is evaluating options for ensuring the business of the convention gets done, while prioritizing the safety of the participants. We are in communication with the DNC as they do the same.

What other lifestyle changes should I be making to keep myself and my community safe?

We recommend reaching out to local public health officials to help you determine what is appropriate for you based on your personal situation.

Do I need to consider canceling other political events?

The CDC recommends consideration of the following criteria in determining whether or not you should cancel your event:

- Event size
- Duration
- Participant demographics
- Complexity of event operations
- Type of on-site activities your event may offer

All large community event planners are encouraged to work closely with local public health officials to assess local capacities in the area and if possible, plan alternative ways for participants to follow along online.

Do I need to buy a mask?

No. While masks are useful in preventing you from touching your own face, the CDC does not recommend that people who are well to wear a facemask to protect themselves from respiratory diseases, including COVID-19. However, if you suspect that you may have the disease, it is recommended that you wear one to prevent the spread of the disease to others.