

## A MESSAGE FROM THE HEALTH COMMISSIONER

Dear Community Members:

Understanding the disease progression of coronavirus has played an important role in public health as we work to prevent its spread. We shared this graph a few months ago to very simply show the unique disease presentation of this virus to help reinforce the preventative actions we are taking.

The time from exposure to COVID-19 to symptoms is typically 4-6 days, but can be up to 14 days. In the first few days prior to symptom onset, an infected individual could be contagious and spread the virus to others without even knowing it. The infectious period can then last up to ten days. It's during those 8-10 days that the disease can spread.

Everyone is aware of the need to stay home when you are actively showing symptoms, but in the days before you feel ill is when spread is happening. People are not intentionally making others sick, but it is the nature of the virus to replicate within a human body and be able to move again before you even realize it.

Here is an example of how quickly community transmission happens:

You and your partner are parents of two children; one away at college and the other in high school. Your college student is ill and tested for coronavirus at college. They want to be home with you while they recover and come home while waiting for test results, interacting with and sharing common living spaces in your house. You and your partner continue to go to work and your high school student goes to school and extra-curriculars. After a few days, your college student receives a positive test result for COVID-19. A day or two later you and your partner start to feel sick, and a couple days after that your high school student becomes ill as well.

With the disease progression of COVID-19, you, your partner, and your high school student could have been contagious during those few days before symptoms started. And just in those few short days, co-workers, classmates, teachers, teammates, and coaches would have been exposed to the virus resulting in more community spread.

I understand it's inconvenient, but if someone in your household is sick, **the entire household should stay home**. We've reported a record number of cases over the past few weeks in Medina County. By staying home and being cautious, you're not only protecting others from illness, you're preventing others from being quarantined. You're preventing games and extra-curriculars from being canceled, preventing employees from calling off work, and preventing us from going backwards in our fight against this virus.

### Where can I find the latest information?

Medinahealth.org or Coronavirus.ohio.gov have the latest real-time information. Information for parents and school administrators on safely returning to schools and extra-curricular activities can be found here:

<https://medinahealth.org/community/current-outbreaks/schools/>

