

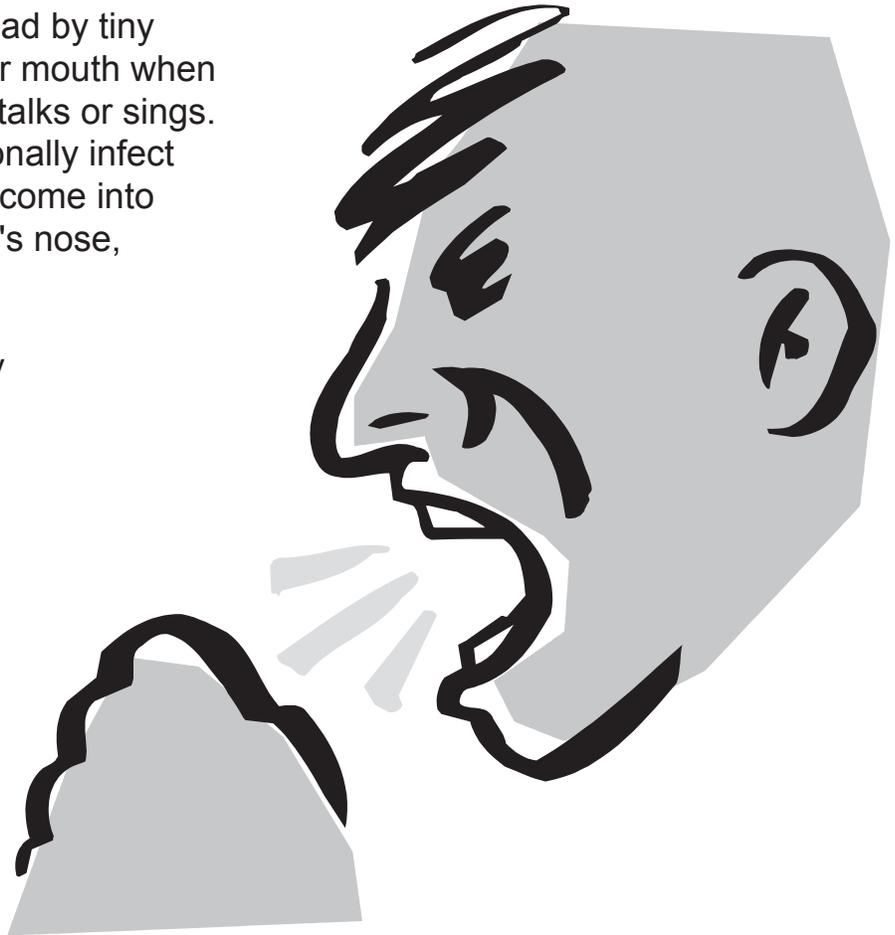
Help keep illness from spreading!

Do you have a cough? Please let us know.

Some diseases can be spread by tiny droplets that exit the nose or mouth when a person coughs, sneezes, talks or sings. A sick person can unintentionally infect others when these droplets come into contact with another person's nose, mouth or eyes.

Diseases that are spread by droplets in the air include:

- SARS
- The Flu
- Common Colds
- Whooping Cough
- Bacterial Meningitis
- Tuberculosis
- Chicken Pox
- Strep Throat
- Mumps
- Measles
- Rubella
- Smallpox



Symptoms of these diseases often include a cough with a fever or rash. If you have a cough, please ask for a mask to wear while you are in this facility.

Here are a few more tips to keep illnesses from spreading:

- Cover your mouth and nose with tissues every time you sneeze or cough.
- Always put used tissues directly into the trash.
- Wash your hands well and often with soap and water or use an alcohol sanitizer.
- Stay at home when you are sick.
- Seek medical attention if necessary.



South Dakota Department of Health 1-800-592-1861

SARS Q&A

What is SARS?

Severe acute respiratory syndrome (SARS) is a viral respiratory illness caused by a coronavirus called SARS-associated coronavirus. SARS was first reported in Asia in February 2003. Over the next few months, the illness spread to more than two dozen countries. The SARS global outbreak of 2003 was halted. However, it is possible that the disease could re-emerge.

What are the symptoms of SARS?

In general, SARS begins with fever (100.4°F or higher). Other symptoms may include headache, an overall feeling of discomfort, and body aches. Some people also have mild respiratory symptoms at the outset. About 10% to 20% of patients have diarrhea. After 2 to 7 days, SARS patients may develop a dry cough. Most patients develop pneumonia. SARS is fatal in 17% of cases in countries outside the United States.

How does SARS spread?

SARS is mainly spread by close person-to-person contact. The SARS virus is thought to be transmitted most readily by respiratory droplets produced when an infected person coughs or sneezes. Droplets from a cough or sneeze of an infected person are propelled a short distance (up to 3 feet) through the air and deposited on the mucous membranes of the mouth, nose, or eyes of nearby persons. The virus also can spread when a person touches an object contaminated with infectious droplets and then touches their mouth, nose, or eyes. It is possible that the SARS virus might spread more broadly through the air or by other ways that are not now known.

What does "close contact" mean?

For SARS close contact means having cared for or lived with someone with SARS or having direct contact with respiratory secretions or body fluids of a patient with SARS. Examples of close contact include kissing or hugging, sharing eating or drinking utensils, talking to someone within 3 feet, and touching someone directly. Close contact does not include things like walking by a person or sitting across a waiting room or office for a brief time.

How do I find out if an area may have SARS?

The Centers for Disease Control and Prevention (CDC) issues two types of notices to travelers: advisories and alerts. A travel advisory recommends that nonessential travel be postponed. A travel alert does not advise against travel, but informs travelers of a health concern and gives advice about specific precautions. Updated travel information can be found at www.cdc.gov/ncidod/sars/travel.htm.

What if I travel to an area with SARS?

The CDC advises that travelers in an area with SARS should wash their hands frequently to protect against SARS infection. In addition, the CDC suggests that travelers should avoid close contact with large numbers of people as much as possible to lower the possibility of infection. The CDC did not recommend the routine use of masks or other personal protective equipment while in public areas. Those returning from a SARS affected area are monitored over a ten day period for symptoms.

What if I think I have SARS?

People with symptoms of SARS are advised to consult a healthcare provider. To help make a quick diagnosis, a person must tell their healthcare provider about any recent travel or whether they have had contact with someone who had these symptoms.

What happened during the first SARS outbreak?

According to the World Health Organization, a total of 8,098 people worldwide became sick and 774 died of SARS during the 2003 SARS outbreak. In the United States there were 192 cases of SARS with no deaths. Most of the U.S. SARS cases were among travelers returning from other countries. There were very few U.S. cases resulting from close contacts with travelers, including healthcare workers and family members. SARS did not spread widely in the United States.

Source: Centers for Disease Control and Prevention. For more information visit www.cdc.gov/ncidod/sars. South Dakota Department of Health 1-800-592-1861