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 How America Can Slow the On-Going Spread of Coronavirus

 COVID-19 is an illness that can affect your lungs and airways. Symptoms of coronavirus are a cough, a high temperature and shortness of breath. Simple measures like washing your hands often with soap and water can help stop viruses like the coronavirus from spreading. There is no specific treatment for coronavirus except quarantine yourself until you recover. It's not known exactly how coronavirus spreads from person to person, but similar viruses are spread in cough droplets. There are currently over two million cases in the world, 650,000 of the cases are in the U.S. The best way to prevent infection is to avoid being exposed. COVID-19 spreads from person to person and can be spread by those who are infected but don't display symptoms. The CDC advises washing hands, avoiding close contact with others, and cleaning and disinfecting surfaces. Older adults and those with underlying chronic medical conditions should take extra precautions. The CDC recommends use of non-medical, cloth-based face coverings in some public settings. Medical masks should be reserved for healthcare workers.

 In New York City, thousands of people have been asked to self-quarantine as health officials try to find anyone who has meet the state’s confirmed coronavirus cases, The New York Times reports. And in California, more than 11,000 people have been asked to stay at home and monitor their health, according to the state’s department of public health. Self-quarantine is becoming more practiced through every state in America because of the constant spread of the virus. If you get the coronavirus here are some guidelines to follow to prevent further spread.

-Confine yourself to your homes and avoid having visitors.

– If you need to contact friends and family, use the telephone or social media.

– If you are making use of online shopping facilities for basic supplies, then point out in the delivery instructions that the items must be left at the door and not handed over in person.

– Standard hygiene and washing hands frequently is a must.

– Avoid sharing necessities like towels and utensils.

– When using tissues after coughing or sneezing, dispose them into a plastic bag and immediately wash your hands with soap and water.

– At home, maintain at least six feet distance from other members of the family.

– Put laundry and other essentials you have used in a plastic bag and wash them only after you have tested negative for COVID-19 after the period of self-quarantine is over.

– Also, ask family members to leave food outside your door. Try using a separate bathroom, if possible. But if there is no such provision, ensure you clean it thoroughly and regularly after every use.

To slow the spread of COVID-19 through U.S. communities, the U.S. Centers for Disease Control and Prevention has encouraged Americans to practice "social distancing" Social distancing is a public health practice that aims to prevent sick people from coming in close contact with healthy people in order to reduce opportunities for disease transmission. It can include large-scale measures like canceling group events or closing public spaces, as well as individual decisions such as avoiding crowds. With the coronavirus the goal of social distancing right now is to slow down the outbreak in order to reduce the chance of infection among high-risk populations and to reduce the burden on health care systems and workers. Experts describe this as "flattening the curve," which generally refers to the potential success of social distancing measures to prevent surges in illness that could overwhelm health care systems. To stop the spread of coronavirus, health and government officials recommend avoiding large gatherings and maintaining 6 feet from other people. This reduces the chance of contact with those knowingly or unknowingly carrying the infection. Schools, colleges, and universities suspending in-person classes and converting to remote online instruction. Cities canceling events, including sporting events, festivals, and parades. Workplaces encouraging or mandating flexible work options, including telecommuting. Organizations and businesses canceling large gatherings, including conferences. Houses of worship suspending services.

The Senate approved a historic, $2 trillion stimulus package to provide a jolt to an economy reeling from the coronavirus pandemic, capping days of intense negotiations that produced one of the most expensive and far-reaching measures Congress has ever considered. In a remarkable sign of overwhelming bipartisan support for the legislation, the vote was unanimous at 96-0. The legislation represents the largest emergency aid package in US history and the most significant legislative action taken to address the rapidly intensifying coronavirus crisis, which is overwhelming hospitals and grinding much of the economy to a halt. The stimulus package will be split up into categories to help the economy during this pandemic. 250 billion set aside for direct payments to individuals and families, $350 billion in small business loans, $250 billion in unemployment insurance benefits and $500 billion in loans for distressed companies. The plan will deliver a massive infusion of financial aid into a struggling economy hard hit by job loss, with provisions to help impacted American workers and families as well as small businesses and major industries including airlines. Under the plan, individuals who earn $75,000 in adjusted gross income or less would get direct payments of $1,200 each, with married couples earning up to $150,000 receiving $2,400 -- and an additional $500 per each child. The payment would scale down by income, phasing out entirely at $99,000 for singles and $198,000 for couples without children. In addition, the bill would provide a major amount of funding for hard-hit hospitals -- $130 billion, as well as $150 billion for state and local governments that are cash-strapped due to their response to coronavirus.

America is doing a lot to prevent the spread of the coronavirus and help the people in need. The more time we study the virus and the impact it has on our country will advance the more we learn. If we follow all the guidelines provided the spread will slowly die and we can get rid of it for good. Hopefully things will get back to normal soon.

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