

Good afternoon!

As you know, there is much being said, and much concern about the Coronavirus. I've seen some of the national media feeding the frenzy as though the sky is falling. It's not. I want to share a few thoughts from the World Health Organization as they pertain to KTTV and KCOP.

- Your goal is to try not to get it and especially try your best not to spread it.
- It spreads through direct and indirect touch and airborne particles.
- True, it is 5X more contagious than a typical flu virus but the mortality rates are still *extremely* low. This is very important.
 - Very low in kids.
 - Less than 1% in adults – likely higher than the flu but in that range
 - 1-2% in people with diabetes, lung and kidney disease, and those 80+
 - 2% for people in critical hospitalization care.
 - It presents itself very similarly or slightly worse than a cold or flu in most people who contract it.
- The main onset phase is only 2-4 days. The recovery phase is 2-6 days.
- If you get it, what is it like?
 - 80% of the cases are mild. Cold-like, mild fever, runny nose, sneeze, diarrhea, and cough.
 - 20% are heavy. Bad flu, lethargy, fever, chest cough, wheezing, shortness of breath, bedridden, run down.

The best advice for all of us is to wash our hands every hour with soap or alcohol-based products, avoid shaking hands for a while, avoid touching your face, and keep your work area clean. I encourage everyone to wipe down your work space, keyboard, phone, steering wheel and seat belt buckle with Clorox wipes. Do it every day. Get in the habit of using Purell more often. Dr. Oz tells us that while a flu virus can live on a surface for 2 days, this virus can live for 7-9 days, so wipe stuff down. The CDC and the Attorney General are telling us not to use masks unless we are infected. Masks do not do much good in protect us from infection but if we do contract it, they are effective in preventing us from contaminating someone else.

Many of us come to work if we're under the weather because we take our work very seriously. We muddle through. In this case, if you're under the weather or feeling flu-like, don't be a hero. Call your supervisor and stay home for a couple days until you figure out what you have. Because the Coronavirus is five times more contagious than the flu, this is different. Please stay home.

This is to be taken seriously, but it shouldn't cause panic. Let's just be smart and we'll get through this just fine.

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