

COVID-19

COVID-19 is the infectious disease caused by the most recently-discovered coronavirus. The virus spreads from person-to-person through small droplets from the nose or mouth which spread when a person with COVID-19 coughs or exhales.

Symptoms: (may appear 2-14 days after infection)

- The most common symptoms are: fever, tiredness, and a dry cough.
- Other symptoms can include: aches and pains, nasal congestion, runny nose, sore throat, and diarrhea.

Seek medical attention immediately if you experience:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to rouse
- Bluish lips or face

Protect yourself:

- Wash your hands often with soap and water for at least **20 seconds**:
 - If soap and water are not readily available, use hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Maintain at least **6 feet** between yourself and anyone who may be coughing or sneezing.
- Put distance between yourself and other people if COVID-19 is spreading in your community.

If you are sick:

- Cover your mouth and nose with a tissue or bent elbow when you cough or sneeze, and dispose of used tissues immediately.
- If you have a fever, cough, and difficulty breathing, seek medical attention:
 - **Call in advance** so your healthcare provider can direct you to the right facility and take steps to prevent others from getting infected or exposed.
- If you are mildly ill, stay home. Avoid public areas and public transportation.
- Avoid sharing personal items such as cups, dishes, utensils, and towels.
- Clean and disinfect “high-touch” surfaces everyday. These include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, and tablets.

80% of people recover from the disease without needing special treatment. Older people and those with underlying medical problems, like high blood pressure, heart problems, or diabetes, are more likely to develop serious illness.