

CORONAVIRUS GUIDE

What you need to know about the virus and how to prevent further spread.



WHAT IS CORONAVIRUS?



A respiratory disease caused by a new coronavirus that was first detected in China and which has now been detected in more than 100 locations internationally, including in the United States.

HOW IT SPREADS



COVID-19 spreads in several ways-

- Person-to-person spread: this can happen between people who are in close contact with one another through respiratory droplets produced when an infected person coughs or sneezes.
- Although it's not thought to be the main way the virus spread, it may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

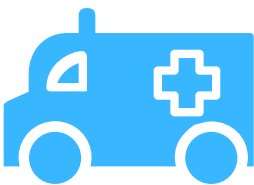
SYMPTOMS



The following symptoms may appear 2-14 days after exposure-

- Fever
- Cough
- Shortness of breath

RISK ASSESSMENT



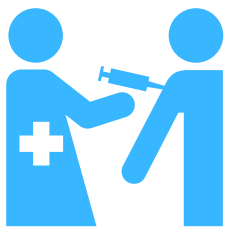
- For the majority of people, the immediate risk of being exposed to the virus that causes COVID-19 is thought to be low. There is not widespread circulation in most communities in the United States.
- Older people and people of all ages with severe underlying health conditions — like heart disease, lung disease and diabetes, for example — seem to be at higher risk of developing serious COVID-19 illness.

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PREVENTION AND TREATMENT



The best way to prevent illness is to avoid being exposed to this virus.

Take steps to protect yourself-

Clean your hands often:

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact:

- Avoid close contact with people who are sick. Put distance between yourself and other people if COVID-19 is spreading in your community.

Take steps to protect others-

- Stay home if you are sick, except to get medical care. Wear a facemask if you are sick. You DO NOT need to wear a facemask unless you are caring for someone who's sick, facemasks are in short supply and should be saved for caregivers. Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. To disinfect: Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.



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WHAT TO DO IF YOU'RE SICK



Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- **Avoid public areas:** Do not go to work, school, or public areas.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

- **Stay away from others:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

Wear a facemask if you are sick or caring for someone sick

Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Monitor your symptoms

- **Seek medical attention:** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
 - **Call your doctor:** Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
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