

WHAT TO KNOW ABOUT COVID-19

WHAT IS COVID-19?

COVID-19 is the infectious disease caused by the recently discovered novel (new) coronavirus. Several coronaviruses are known to cause respiratory infections in humans. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

HOW DOES IT SPREAD?

Person to person transmission through small droplets from the nose or mouth. Objects and surfaces contaminated with the infected body fluid. Incubation period: 1-14 days (5 days most common)

WHAT IF I HAVE SYMPTOMS?

If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.

- 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.
- 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.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

WHAT ARE THE SYMPTOMS?

Most common:

- Fever
- Tiredness
- Dry cough

Lesser complaints:

- Aches and pains
- Nasal congestion
- Runny nose
- Sore throat
- Diarrhea

HOW DO I PROTECT MYSELF?

- Regularly and thoroughly wash your hands with soap and water or alcohol-based hand cleaner.
- Maintain at least 6 feet distance (i.e. social distancing) from anyone who is coughing or sneezing.
- Avoid touching your eyes, nose and mouth.
- Follow good respiratory hygiene. Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Dispose of the used tissue immediately.
- Clean surfaces with disinfectant.
- Avoid unprotected contact with farm or wild animals.
- If you are caring for others you should not stay in the same room with them or you should wear a facemask if you enter a room with the person who is sick.
- Limit gatherings to 10 or less people.