

## What is Coronavirus Disease 2019 (COVID-19)

1. COVID-19 is a respiratory illness.
  - 1.1. COVID-19 is caused by a new virus called SARS coronavirus-2.
  - 1.2. Many cases of COVID-19 have mild or moderate illness.
  - 1.3. Most cases do not require a clinic visit or hospitalization.
2. Most people with COVID-19 have mild symptoms.
  - 2.1. Common symptoms of COVID-19 are fever, cough and shortness of breath.
  - 2.2. Some patients have muscle aches, headache, sore throat, or diarrhea.
  - 2.3. Symptoms usually appear about 5 days after a person is exposed to COVID-19.
  - 2.4. Some patients have pneumonia, multi-organ failure and in some cases death.
3. COVID-19 is spread from person to person.
  - 3.1. COVID-19 spreads between those who are in close contact (about 6 feet) with one another.
  - 3.2. COVID-19 is spread when an infected person coughs or sneezes.
  - 3.3. COVID-19 may also be spread by touching surfaces or objects that have the virus on it and then touching the mouth, nose or eyes.
4. Anyone who comes into contact with COVID-19 can get the infection.
  - 4.1. COVID-19 can make anyone, including children, sick.
  - 4.2. Older adults (65 years and older) and those with certain health conditions (such as a blood disorder; lung, heart, kidney and liver disease; diabetes; asthma; compromised immune system; neurological conditions; obesity), and those who are pregnant are at greater risk for severe disease.
  - 4.3. People who have recently traveled to cities or areas where the disease has been spreading are at higher risk of catching COVID-19.
5. Everyone can protect themselves, their families and the community from COVID-19
  - 5.1. Wash your hands often with soap and water for at least 20 seconds, or use hand sanitizer that contains at least 60% alcohol.
  - 5.2. Stay home when you are sick.
  - 5.3. Cover your cough or sneeze.
  - 5.4. Avoid touching your eyes, nose, and mouth with unclean hands.
  - 5.5. Clean and disinfect frequently touched objects and surfaces.
6. The spread of COVID-19 can be stopped.
  - 6.1. Maintain social distancing; that is, keep a distance of about 6 feet between yourself and others.
  - 6.2. If you or someone in your household has been in close contact with a COVID-19 case, stay at home for 14 days.
  - 6.3. If you have symptoms of a respiratory disease, including fever, coughing, muscle aches, sore throat and headache, stay at home for at least 7 days.

- 6.4. If you have symptoms of a respiratory disease, wear a facemask when around other people, separate yourself in a separate room/bathroom from other people in your home (called home isolation), and call your health care provider.
  - 6.5. Avoid sharing personal household items such as dishes, drinking glasses, cups, eating utensils, towels, or bedding.
  - 6.6. Avoid gathering in groups.
  - 6.7. Refrain from visiting friends, relatives, and neighbors.
7. It is important to stay healthy.
- 7.1. Eat healthy, nutritious foods, and go for walks outside – just maintain the 6-foot social distancing rules.
  - 7.2. Use technology (WhatsApp, Viber, Facetime, Facebook, texting) to stay virtually connected with loved ones.
  - 7.3. Find things to do that relieve stress, like reading books, creative hobbies or indoor physical activities, including regular stretching.
  - 7.4. Use telephone or technology to reach out to family or friends if you need help.