



WHAT YOU NEED TO KNOW ABOUT CORONAVIRUS DISEASE (COVID-19)?

WHAT IS CORONAVIRUS DISEASE 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

CAN PEOPLE IN THE U.S. GET COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

HOW DOES COVID-19 SPREAD?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also 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, but this is not thought to be the main way the virus spreads.

WHAT ARE THE SYMPTOMS OF COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever (greater than 100.4)
- cough
- shortness of breath

WHAT ARE SEVERE COMPLICATIONS FROM THIS VIRUS?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

HOW CAN I HELP PROTECT MYSELF?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

IF YOU ARE SICK, TO KEEP FROM SPREADING RESPIRATORY ILLNESS TO OTHERS, YOU SHOULD:

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

IS THERE A VACCINE?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

IS THERE A TREATMENT?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

FOR MORE INFORMATION:

www.confluencehealth.org
www.cdc.gov/COVID19





WHAT TO DO IF YOU ARE SICK WITH CORONAVIRUS DISEASE (COVID-19)?

STAY HOME EXCEPT TO GET MEDICAL CARE

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas.

SEPARATE YOURSELF FROM OTHER PEOPLE AND ANIMALS IN YOUR HOME

People: 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.

Animals: Do not handle pets or other animals while sick.

CALL AHEAD BEFORE VISITING YOUR DOCTOR

If you have a medical appointment, call the healthcare provider and tell them that you have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

WEAR A FACEMASK

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

COVER YOUR COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

CLEAN YOUR HANDS OFTEN

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

CLEAN ALL "HIGH-TOUCH" SURFACES EVERY DAY

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

MONITOR YOUR SYMPTOMS

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

DISCONTINUING HOME ISOLATION

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers.

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