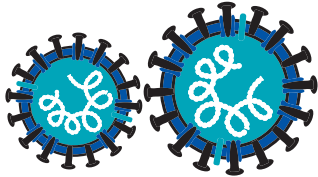


Coronavirus Disease (COVID-19)

Q. What are coronaviruses?

A: Human coronaviruses were first identified in the mid-1960s. They are a respiratory virus named for the crown-like spikes on their surface. We are currently aware of seven different types of human coronaviruses, four of which are associated with mild to moderate upper-respiratory tract illnesses, like the common cold. Other types of the virus include severe acute respiratory syndrome (SARS), the Middle East Respiratory Syndrome, (MERS) and Coronavirus Disease (COVID-19), which is responsible for the latest outbreak. Although COVID-19 is similar to the other types of coronaviruses, it is unique in many ways and we are still learning more each day.



could indicate you have contracted COVID-19:

- fever;
- cough; or
- shortness of breath.

Unless your symptoms are severe, it is recommended you call your healthcare provider first before entering a healthcare facility. When speaking with a healthcare provider in-person or on the phone, be sure to note your symptoms, travel history, or if you were exposed to a person diagnosed with the virus.

Q. How severe is this illness?

A: The World Health Organization says 80% of people with COVID-19 have a mild form of the illness with cold- or flulike symptoms. The people most likely to get seriously ill from this virus are people over 60 and/or those with pre-existing health conditions. It is estimated that for every 100 cases of COVID-19, between two and four people would die. This is very different from a coronavirus like SARS, where nearly ten in 100 sick people died from the illness.

Q. I see people wearing masks, should I be doing that?

A: Yes, CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. The cloth face coverings recommended are not surgical masks or N-95 respirators.

Q. What can I do to prevent getting sick from COVID-19?

A: The following tips will help to prevent COVID-19 as well as other respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Don't touch your eyes, nose, or mouth, especially with unwashed hands.
- Avoid close contact with people who are showing symptoms of illness.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneezes with a tissue or sneeze into your elbow. Throw the tissue in the garbage and make sure to clean your hands afterwards.
- Stay home when you are sick.



Q. How do you get infected with COVID-19?

A: COVID-19 is spread by close person-to-person contact from droplets from a cough or sneeze, which can get into your mouth, nose, or lungs. Close contact is defined as being within approximately 6 feet of another person.

Q. How do I know if I have COVID-19?

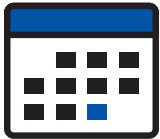
A: If you were recently exposed to someone with a confirmed case of COVID-19 or have been in a place where an outbreak has occurred within the last two weeks the following symptoms



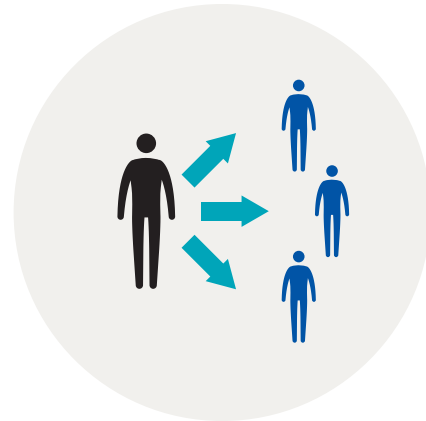
Coronavirus Disease (COVID-19)

Spreads

Through close personal contact with a sick person.



SYMPTOMS MAY SHOW UP
2-14 DAYS LATER

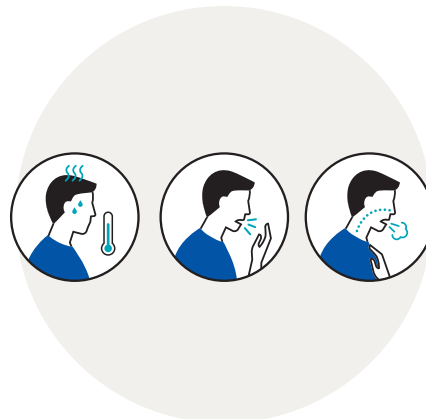


Symptoms

- Fever
- Cough
- Shortness of breath

Call your healthcare provider if:

- You have symptoms and have been to an area that has experienced an outbreak within the last 2 weeks of your trip.
- You have symptoms and have been in close contact with a person with a confirmed case of COVID-19.



Prevention

- Wash your hands often.
- Cover your cough/sneeze with a tissue.
- Don't touch your eyes, nose, or mouth.
- Avoid close contact with sick people.
- Clean and disinfect high-touch surfaces often.
- Stay home when you are sick.
- Wear a cloth mask in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies).

