CORONAVIRUS DISEASE 2019
(COVID-19) OVERVIEW

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.
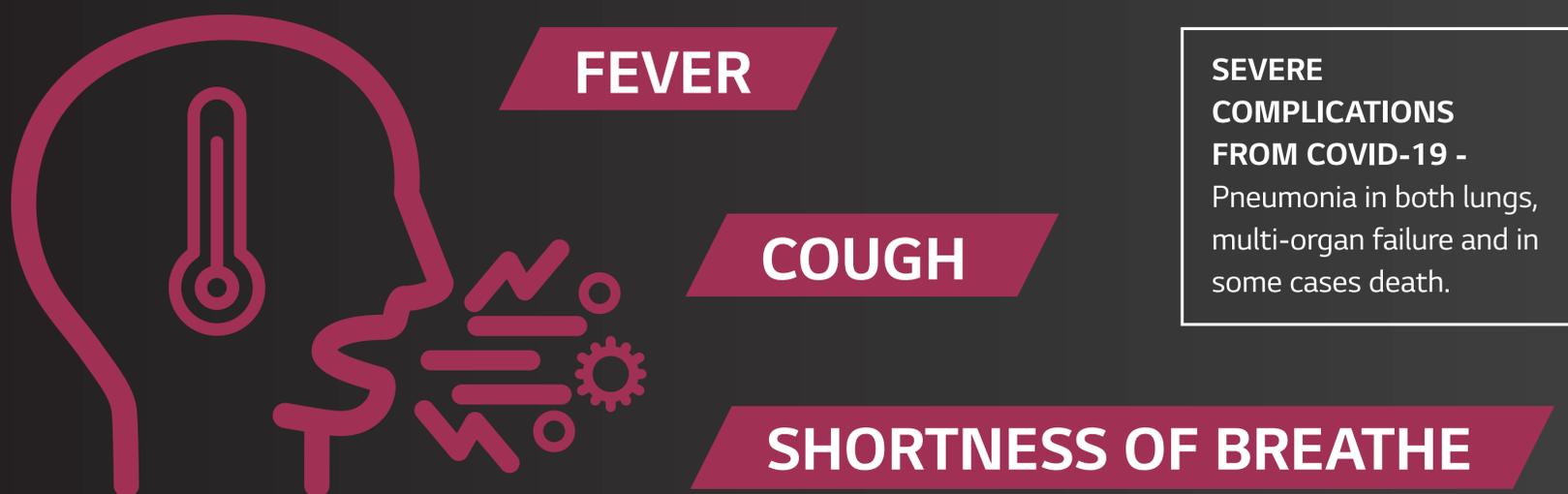
HOW CAN I HELP PROTECT MYSELF?

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.

SYMPTOMS

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

FEVER

COUGH

SHORTNESS OF BREATHE

SEVERE COMPLICATIONS FROM COVID-19 - Pneumonia in both lungs, multi-organ failure and in some cases death.

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.

The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at *https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.*

For more information: **www.cdc.gov/COVID19**

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CORONAVIRUS DISEASE 2019
WHAT TO DO IF YOU ARE SICK

IF YOU ARE SICK WITH COVID-19 OR SUSPECT YOU ARE INFECTED WITH THE VIRUS THAT CAUSES COVID-19, FOLLOW THE STEPS BELOW TO HELP PREVENT THE DISEASE FROM SPREADING TO PEOPLE IN YOUR HOME AND COMMUNITY.

STAY HOME EXCEPT TO GET MEDICAL CARE
Restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

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. Refer to the CDC website for additional information..

Call ahead before visiting your doctor

Wear a facemask

Cover your coughs and sneezes

Avoid sharing personal household items

Clean all "high-touch" surfaces every day

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.

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.

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 and state and local health departments.

For more information: **www.cdc.gov/COVID19**

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