

COVID-19

QUICK REFERENCE SHEET

ABOUT

What is Coronavirus (COVID-19)?

A respiratory illness that can spread from person-to-person through respiratory droplets from coughing and sneezing. This virus may also spread through airborne transmission; first detected in Wuhan, China, but has now spread to most countries in the world.

What are severe complications?

Some patients have pneumonia, multiorgan failure and in some cases death.

How does COVID-19 spread?

- Person-to-person close contact (within 6 feet or 2 meters).
- Through respiratory droplets when an infected person coughs.
- Possibly by touching infected surfaces and then touching your face (eyes, nose, mouth).

Who is at higher risk?

- Older adults (age 60 and older)
- People with medical conditions (i.e. Heart disease, Lung disease, Diabetes)
- People who have been in close contact with a person infected with COVID-19 or in an area with increased risk of exposure.

PREVENTION



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 that contains at least 60% alcohol.



AVOID CONTACT with people who are sick or might have been exposed to COVID-19. Cover your cough or sneeze with a tissue, then throw the tissue in trash.



STAY AT HOME except for getting medical care. Do not go to work, school or public areas. Separate yourself from other people in your home. Clean and disinfect surfaces such as counters, tabletops, toilets, phones and keyboards.

SYMPTOMS

Symptoms appear 2 to 14 days after exposure. Patients with COVID-19 have mild to severe respiratory illness with symptoms of the following:



FEVER

Temperature at or above 100.4° F or 38° C.



DRY COUGH



SHORTNESS OF BREATH

TREATMENT



There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms. Please call ahead before arriving to facilities.

DISCLOSURE: Information based on recommendations from Center for Disease Control and World Health Organization. Visit [CDC.gov](https://www.cdc.gov) or [WHO.int](https://www.who.int) for the latest information regarding COVID-19.

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