Coronavirus (COVID-19): What you need to know

The coronavirus (COVID-19) is here in our community. It is up to all of us to do our part and stop the spread of COVID-19.

COVID-19 IS SPREAD MAINLY FROM PERSON-TO-PERSON:

- 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.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

SYMPTOMS INCLUDE:

- Fever
- Cough
- Shortness of breath and difficulty breathing

These symptoms may appear 2-14 days after you are exposed to COVID-19. There is no treatment for COVID-19.

PEOPLE WHO ARE AT HIGH-RISK FOR SEVERE ILLNESS FROM COVID-19 INCLUDE:

- People aged 65 years and older
- People with chronic lung disease or moderate to severe asthma
- People who have heart conditions
- People who are immunocompromised
- People who smoke
- People with severe obesity
- People with diabetes
- People with chronic kidney disease
- People with liver disease

DO YOU HAVE A QUESTION ABOUT COVID-19?

Call our COVID-19 Call Center! We have public health professionals available to talk to you in English and Spanish.

VDH VIRGINIA DEPARTMENT OF HEALTH

CALL: 877-ASK-VDH3

TO PROTECT YOURSELF FROM COVID-19:

- Stay home as much as possible and limit visitors in your household (they may have been exposed to the virus and not show symptoms).

- Try to only leave your house to get groceries and essential supplies.

- When you leave your house, wear a cloth mask.

- Avoid direct contact with people outside of your household. Maintain a 6 ft. distance from other people.

- Clean your hands often with soap and water for 20 seconds. If soap and water is not available, use hand sanitizer.

- Cover your coughs and sneezes.

- Clean and disinfect frequently touched surfaces daily.

- If you feel sick, stay home and isolate yourself from other people in your household. Do not go to work.

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

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WHAT TO DO IF YOU ARE SICK:

- Stay home except to get medical care. Do not go to work.

- Separate yourself from other people in your home, this is known as home isolation. Try to sleep in a separate room and use a separate bathroom then other people in your home.

- Call ahead before visiting your doctor.

- If you are sick, wear a face mask when you are around other people.

- Cover your coughs and sneezes with a tissue. Throw away tissues immediately.

- Clean your hands often. Use soap and water for 20 seconds and hand sanitizer if soap and water are not available.

- Avoid sharing personal household items (like dishes, drinking glasses, utensils, towels, or bedding with other people in your home).

- Clean and disinfect all "high-touch" surfaces everyday (like phones, remote controls, counters, tabletops, doorknobs, toilets, tablets, and bedside tables)

- Monitor your symptoms every day.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19.