

COVID-19 Information from the CDC

Protect yourself and others by being informed and following these tips:

If you develop a fever and a new or worsening cough and/or unexplainable shortness of breath, please carefully let a friend in your community know and isolate in your tent until help arrives.

Person-to-person spread

The virus is thought to 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, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Maintaining good social distance (about 6 feet) is very important in preventing the spread of COVID-19. Also, do not share personal items like food/drinks, cups, cigarettes, masks, etc.

Spread from contact with contaminated surfaces or objects

You can get COVID-19 by touching a surface or object that has the virus on it and then touching your own mouth, nose, or eyes.

If possible, wash your hands with soap and water—rub wet soapy hands together vigorously for 20-30 seconds, getting backs of hands and under fingernails as well. If soap and water are not available, use baby/personal wipes or an alcohol-based hand rub.

Germs can spread easily between people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than the flu.