

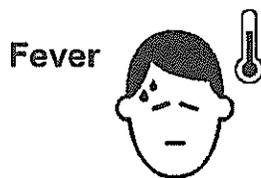
Coronavirus Disease 2019 Fact Sheet

What is Coronavirus Disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a new coronavirus that has not been seen previously in humans. It was first detected in China and has only been identified since December 2019. Patients with COVID-19 are being evaluated and cared for differently than patients with common coronavirus diagnosis.

What are the symptoms?

Symptoms range from mild illness similar to a cold or flu to severe symptoms possibly requiring hospitalization. Some deaths have occurred in older adults with other health conditions. Symptoms can appear from 2 days to 2 weeks after exposure and include:



How does it spread?

Details about COVID-2019 are still unfolding, but it is believed to spread these ways:

- Respiratory droplets from an infected person who coughs or sneezes
- Close contact (within 6 feet) or physical touch with an infected person
- Contact with infected surfaces or objects

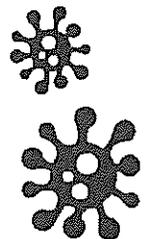
Am I at risk?

The coronavirus disease 2019 situation is evolving rapidly and the determined risk may change daily. Continue to monitor updates within your community and areas you may visit. See the [CDC's travel guidelines](#) concerning any global locations where you may be planning to travel.

How do I prevent myself from getting COVID-19?

These everyday actions can be used to prevent the spread of COVID-19 :

- Wash hands often with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid being in close contact with people who are sick.
- If you are sick, stay home and avoid close contact with others.
- Cover your mouth and nose with a tissue when coughing or sneezing, then discard the tissue.
- Face masks should not be used for prevention. Only those that are infected should use them.



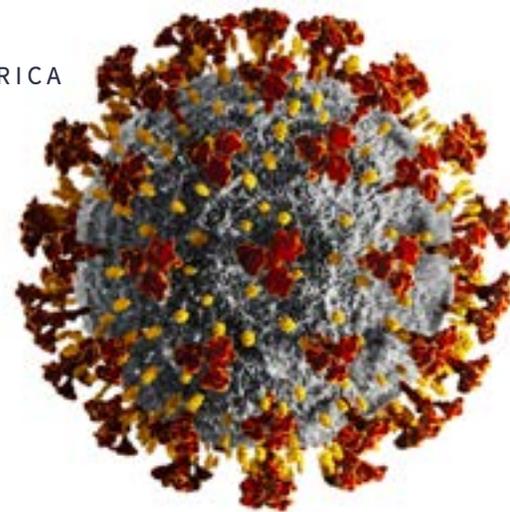
Is there treatment for COVID-19?

There are currently no vaccines to prevent COVID-19 infection or specific antiviral medications approved for treatment. If you are sick with COVID-19, stay home from work, school and public areas except to receive medical care. Do not use public transportation, ride-shares or taxi services. Isolate yourself from people and animals. Keep to one room away from people and use a separate bathroom if possible. Drink plenty of fluids, rest and take pain/fever medications. Severe symptoms require medical attention which may result in hospitalization.

Source: Center for Disease Control (CDC)

Created 3/04/20 Revised 3/06/20

15 DAYS TO SLOW THE SPREAD



Listen to and follow the directions of your **STATE AND LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work. Contact your medical provider.

IF YOUR CHILDREN ARE SICK, keep them at home. Do not send them to school. Contact your medical provider.

IF SOMEONE IN YOUR HOUSEHOLD HAS TESTED POSITIVE for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.

IF YOU ARE AN OLDER PERSON, stay home and away from other people.

IF YOU ARE A PERSON WITH A SERIOUS UNDERLYING HEALTH CONDITION that can put you at increased risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others. It is critical that you do your part to slow the spread of the coronavirus.

Work or engage in schooling **FROM HOME** whenever possible.

IF YOU WORK IN A CRITICAL INFRASTRUCTURE INDUSTRY, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule. You and your employers should follow CDC guidance to protect your health at work.

AVOID SOCIAL GATHERINGS in groups of more than 10 people.

Avoid eating or drinking at bars, restaurants, and food courts — **USE DRIVE-THRU, PICKUP, OR DELIVERY OPTIONS.**

AVOID DISCRETIONARY TRAVEL, shopping trips, and social visits.

DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance.

PRACTICE GOOD HYGIENE:

- *Wash your hands, especially after touching any frequently used item or surface.*
- *Avoid touching your face.*
- *Sneeze or cough into a tissue, or the inside of your elbow.*
- *Disinfect frequently used items and surfaces as much as possible.*

CORONAVIRUS.GOV

School operations can accelerate the spread of the coronavirus. Governors of states with evidence of community transmission should close schools in affected and surrounding areas. Governors should close schools in communities that are near areas of community transmission, even if those areas are in neighboring states. In addition, state and local officials should close schools where coronavirus has been identified in the population associated with the school. States and localities that close schools need to address childcare needs of critical responders, as well as the nutritional needs of children.

Older people are particularly at risk from the coronavirus. All states should follow Federal guidance and halt social visits to nursing homes and retirement and long-term care facilities.

In states with evidence of community transmission, bars, restaurants, food courts, gyms, and other indoor and outdoor venues where groups of people congregate should be closed.