Coronavirus Disease (COVID-19)

Q. What are coronaviruses?
A: Human coronaviruses were first identified in the mid-1960s. They are a respiratory virus named for the crown-like spikes on their surface. We are currently aware of seven different types of human coronaviruses, four of which are associated with mild to moderate upper-respiratory tract illnesses, like the common cold. Other types of the virus include severe acute respiratory syndrome (SARS), the Middle East Respiratory Syndrome, (MERS) and Coronavirus Disease (COVID-19), which is responsible for the latest outbreak. Although COVID-19 is similar to the other types of coronaviruses, it is unique in many ways and we are still learning more each day.

Q. How do you get infected with COVID-19?
A: COVID-19 is spread by close person-to-person contact from droplets from a cough or sneeze, which can get into your mouth, nose, or lungs. Close contact is defined as being within approximately 6 feet of another person.

Q. How do I know if I have COVID-19?
A: If you were recently exposed to someone with a confirmed case of COVID-19 or have been in a place where an outbreak has occurred within the last two weeks the following symptoms could indicate you have contracted COVID-19:
- fever;
- cough;
- shortness of breath

Unless your symptoms are severe, it is recommended you call your health care provider first before entering a healthcare facility. When speaking with a health care provider in-person or on the phone, be sure to note your symptoms, travel history, or if you were exposed to a person diagnosed with the virus.

Q. How severe is this illness?
A: The World Health Organization says 80% of people with COVID-19 have a mild form of the illness with cold- or flu-like symptoms. The people most likely to get seriously ill from this virus are people over 60 and/or those with pre-existing health conditions.

Q. What can I do to prevent getting sick from COVID-19?
A: The following tips will help to prevent COVID-19 as well as other respiratory viruses:
- 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 with at least 60% alcohol.
- Don’t touch your eyes, nose, or mouth, especially with unwashed hands.
- Avoid close contact with people who are showing symptoms of illness.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneezes with a tissue or sneeze into your elbow. Throw the tissue in the garbage and make sure to clean your hands afterwards.
- Stay home when you are sick.

Information from Association for Professionals in Infection Control and Epidemiology (APIC)
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Spreads
Through close personal contact with a sick person.

SYMPTOMS MAY SHOW UP 2-14 DAYS LATER

Symptoms
- Fever
- Cough
- Shortness of breath

Call your healthcare provider if:
- You have symptoms and have traveled to a Level 3 Area.
- You have symptoms and have been in close contact with a person with a confirmed case of COVID-19.

Prevention
- Wash your hands often.
- Cover your cough/sneeze with a tissue.
- Don’t touch your eyes, nose, or mouth.
- Avoid close contact with sick people.
- Clean and disinfect high-touch surfaces often.
- Stay home.

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