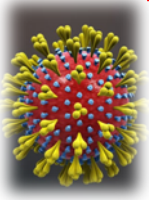


# What you should know about COVID-19 to protect yourself and others

## Know about COVID-19



- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.
- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at a higher risk for more severe illness.

## Know how COVID-19 is spread



- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

## Protect yourself and others from COVID-19



- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.

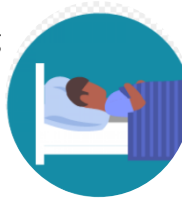
- Wear a cloth face covering that covers your mouth and nose in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

## Practice Social Distancing



- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.
- When you must be out in public, wear a facial covering over your mouth and nose.

## Prevent the spread of COVID-19 if you are sick



- Stay home if you are sick, except to get medical attention.
- Take care of yourself. Get plenty of rest and stay hydrated. Take over-the-counter medication, such as acetaminophen, to help you feel better.
- There is no specific treatment for COVID-19. But you can seek medical care to help relieve your symptoms.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you are having trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

- Call ahead, many medical visits for routine care are being postponed or done by phone or telemedicine.
- As much as possible, stay in a specific room and away from other people and pets in your home. If available, use a separate bathroom or sanitize it after each use. If you need to be around other people or pets in or outside of your home, wear a facial covering.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash thoroughly after using them with soap and water.
- Clean and disinfect high-touch surfaces daily in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.

2. I have had close, personal contact with someone who is known, or highly suspected of having COVID-19:
  - Symptoms of COVID-19 can appear 2 to 14 days after exposure. To prevent the spread of COVID-19 to those around you stay home for 14 days after the last day you were in contact with the sick person.

For most persons with COVID-19 illness, isolation and precautions can generally be discontinued 10 days *after symptom onset* and resolution of fever for at least **24** hours, without the use of fever-reducing medications, and with the improvement of all other symptoms.



### When to seek Emergency Medical Attention

Look for **emergency warning signs\*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

**Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeing care for someone who has or may have COVID-19 for further instructions.

### When you can be around others after you had or likely had COVID-19



1. I think or know I had COVID 19, and I had symptoms you can be with others after you are:

24 hours fever free

**AND**

Symptoms improved

**AND**

10 days since symptoms first appeared.

- Routine retesting after a positive test is not recommended.