

Information Regarding Novel Coronavirus Disease (COVID-19) And How To Protect Yourself

There is currently no vaccine to prevent coronavirus disease 2019

The best way to prevent illness is to avoid being exposed to this virus and practice every day preventative measures including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe. Lysol & Clorox have been proven to kill human coronavirus; however, definitive confirmation that they can defend against COVID-19 will be known once it is tested against the strain.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Center for Disease Control does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for people who are taking care of someone in close settings.

- How is COVID-19 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)
 - By respiratory droplets produced when an infected person coughs or sneezes. These droplets can also be found on surfaces that a person comes in contact with and then touches their eyes, mouth & nose.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Symptoms of COVID-19 may appear with 1–14 days after exposure, most commonly 5 days. They include but are not limited to:
 - Most common:
 - Fever
 - Tiredness
 - Cough
 - Additional symptoms:
 - Aches & pains
 - Nasal congestion
 - Runny nose
 - Sore throat
 - Diarrhea

People with fever, cough and difficulty breathing should seek medical attention.

These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. About 2% of people with the disease have died.

Prevention and Treatment. (2020, February 15). Retrieved from Coronavirus Disease (COVID-419): <https://www.cdc.gov>

Q&A on coronavirus (COVID-19). (2020, February 23). Retrieved from World Health Organization: www.who.int