BREAKING DOWN COVID-19
KNOW HOW IT SPREADS

WHAT IS CORONAVIRUS DISEASE 2019 (COVID-19)?
• Respiratory illness that easily spreads from person to person
• Caused by a new kind of coronavirus first identified in China
• Characterized a pandemic by World Health Organization (WHO), affecting people worldwide

HOW DOES COVID-19 SPREAD?
People can catch COVID-19 when someone who has the virus sneezes or coughs, sending droplets into the air. A person becomes infected by breathing in the droplets or by touching a surface where droplets landed and then touching his or her eyes, nose or mouth. The virus can live on surfaces for hours or even days. People can be infected and not feel sick, unknowingly spreading the virus.

WHAT ARE THE SYMPTOMS?
Most Common
• Fever
• Dry cough
• Fatigue
• Shortness of breath

Less Frequent
• Sore throat
• Aches and pains
• Nasal congestion
• Diarrhea

HOW IS IT TREATED?
There is no vaccine to prevent COVID-19 and no antiviral medicine to treat it. People who are infected can receive supportive care to relieve symptoms (oxygen, for example). People who are seriously ill may need to be hospitalized. Staff can help you decide the best treatment for you if you get sick.

PREVENT THE SPREAD
• Cover your mouth and nose with a tissue or your elbow when your cough or sneeze.
• Wash your hands with soap and water for at least 20 seconds, especially after you sneeze or cough. If soap and water aren't readily available, use hand sanitizer that is at least 60% alcohol.
• Practice physical distancing by staying at least six feet away from other people. Stay in your room as much as possible. Physical distancing is especially important for people who have high blood pressure, diabetes and autoimmune disorders.
• Avoid people who are sick.
• Cover your mouth and nose with a face covering when you are around others, including staff.

IMPORTANT
If you are not feeling well, let a staff member know right away.