

## COVID-19 (2019 CORONAVIRUS DISEASE)

<b>WHAT IS IT?</b>	A respiratory disease caused by a novel (new) coronavirus that was first detected in China and which has now been detected in almost 70 locations internationally, including in the United States. The virus has been named “SARS-CoV-2” and the disease it causes has been named “coronavirus disease 2019” (abbreviated “COVID-19”).
<b>HOW DOES IT SPREAD?</b>	<ul style="list-style-type: none"> <li>• Infected person (with or without symptoms) coughing or sneezing within 6 feet of others.</li> <li>• Close personal contact such as shaking hands, touching an object or surface with the virus on it and then touching mouth, nose, or eyes before washing hands.</li> </ul>
<b>INCUBATION</b>	Time from exposure to the virus until getting ill could be 2-14 days; average 5 days
<b>SIGNS &amp; SYMPTOMS</b>	<ul style="list-style-type: none"> <li>• Mild to severe illness and death especially noted in older people and people with underlying disease like heart, lung or diabetes.</li> <li>• Main symptoms: fever and cough, shortness of breath Maybe: headache, sore throat, general feeling of being unwell (myalgia or fatigue), diarrhea</li> </ul>
<b>TREATMENT</b>	<ul style="list-style-type: none"> <li>• There is no specific antiviral treatment recommended at this time.</li> <li>• Supportive care if ill.</li> </ul>
<b>HOW IS IT DIAGNOSED?</b>	<ul style="list-style-type: none"> <li>• Swab of the nose and throat.</li> <li>• Criteria: People with fever and/or symptoms of acute respiratory illness who have had close contact with a laboratory-confirmed COVID-19 patient within 14 days of symptom onset, or a history of travel from affected geographic areas within 14 days of symptom onset.</li> </ul>
<b>PREVENTION</b>	<ul style="list-style-type: none"> <li>• Wash your hands with soap and water for at least 20 seconds. If soap and water isn’t available, use a hand sanitizer that has a minimum of 60% alcohol. They are very effective and easy to carry.</li> <li>• Cover your cough and sneeze into a tissue or the crook of your elbow. Did you know that a sneeze can release 100,000 contagious germs into the air at speeds up to 100 miles per hour?</li> <li>• Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe as most viruses can live up to 48 hours on surfaces.</li> <li>• Keep your hands away from your face. Germs can enter our body through the eyes, nose and mouth.</li> <li>• Stay home when ill. Plan for child or elder care in case of illness.</li> <li>• Do not share cigarettes, pipes, cups, utensils or toothbrushes.</li> <li>• Avoid close contact. Don’t shake hands.</li> </ul>
<b>MASKS</b>	<ul style="list-style-type: none"> <li>• Face masks do not protect. Should only be worn if sick to protect others.</li> <li>• There is a critical shortage of masks and gloves that are needed by medical personnel.</li> </ul>
<b>VACCINE</b>	Currently there is no vaccine.

Get the facts from reliable sources such as [www.cdc.gov](http://www.cdc.gov) or [www.llhd.org](http://www.llhd.org)

**Please note that the details surrounding the COVID-19 outbreak change daily**