What you need to know about the Coronavirus or COVID-19

There is no need to panic, as the risk of infection is still very low in the United States. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:

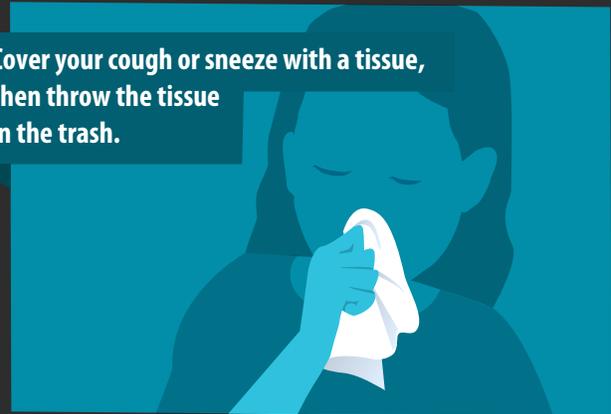**COVID-19** CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

CDC

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COVID-19: Information and Prevention

During cold and flu season, and with the emergence of the virus COVID-19, or the coronavirus, older adults and people with compromised immune systems face higher risks of contracting these diseases and experiencing complications. We have heard from many people who are concerned about COVID-19, so we want to share some precautions to avoid illness, including everyday actions to help prevent the spread of all respiratory diseases.

The Centers for Disease Control and Prevention [CDC.gov] has compiled comprehensive and detailed resources to help answer any questions you may have.

Is it time to panic?

No. The risk of infection in the United States is still very low, and most people who become infected experience mild illness and recover. It is not time to panic, but it is time to prepare by doing the following:

- Refill regular prescriptions so you have several weeks on-hand in case you get sick.
- Stock up on grocery basics in case you are restricted to your home for several days.
- Follow the advice from the Centers for Disease Control below to prevent illness.

What can I do to prevent illness?

- 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.
- Follow CDC's recommendations for using a facemask.
    - CDC 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 health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- 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.

What are the symptoms of COVID-19?

The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of breath

What should I do if I get sick?

Taking prevention steps can help you stay healthy. **But if you do develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, call ahead to a healthcare professional.** Tell them about your recent travel or contact. Your healthcare professional will work with your state's public health department and CDC to determine if you need to be tested for COVID-19. It will also help the healthcare provider's office take steps to keep other people from getting infected or exposed.

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