Information about COVID-19

March 24, 2020

We have complied information from the Centers for Disease Control and Prevention (CDC), The World Health Organization and Myth Busters. Here are some printable resources from the CDC.

People at risk for serious illness from COVID-19 (CDC)

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness:

- Older adults
- Individuals who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

If a COVID-19 outbreak happens in your community, public health officials may recommend community actions. If you are at higher risk for serious illness from COVID-19 because of your age or because you have a serious long-term health problem, it is extra important for you to take actions to reduce your risk of getting sick with the disease.

Best practices for coronavirus and other infectious diseases

- Follow advice of established medical professionals and agencies, such as the CDC and WHO
- Avoid close contact with those who are sick. Practice the 6-foot rule of distance between you and the sick individual.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue or by placing your bent elbow over your mouth and nose. Promptly discard the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a spray such as Lysol or Clorox. The wipes may be used with attention to a complete, detailed cleaning of the area.
- Follow the CDC’s recommendations for using a face mask.
  - CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.
  - Face masks should be worn by people who show symptoms of COVID-19:
    - Fever of 100.4 and greater
    - Cough
    - Shortness of breath or difficulty breathing.
- Symptoms may appear 2 to 14 days after exposure.

- Wash your hands often with soap and water, for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something in a public place.

What to do if you get sick

The CDC recommends the following steps:

- Stay home and call your healthcare provider and let them know about your symptoms. Tell them you have or may have been exposed to COVID-19.
  - Fever of 100.4 or higher
  - Cough
  - Shortness of breath or difficulty breathing
- Follow your healthcare providers recommendations.
- Stay home, as advised by your healthcare provider.
- Avoid public areas: do not go to work, school or public areas

How it is thought to spread

Although the CDC is still learning how COVID-19 spreads, it appears to spread mainly Person-to-Person

- Between people who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.
- Spread from Contact with infected surfaces or objects
- It is possible that a person can become infected by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes, but this is not thought to be the main way the virus spreads.