

## HOW COVID-19 SPREADS

### **Person-to-person 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 ft)
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### **Can someone spread the virus without being sick?**

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

### **Spread from contact with contaminated surfaces or objects**

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

## SYMPTOMS

The following symptoms may appear **2-14 days after exposure**.

- Fever
- Cough
- Shortness of breath

If you have fever, cough and difficulty breathing, seek medical care early

## TAKE STEPS TO PROTECT YOURSELF

### **Clean your hands often**

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

### **Avoid close contact**

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for **people who are at higher risk of getting very sick.**

## WHAT TO DO IF YOU ARE SICK

### **Call ahead before visiting your doctor**

- **Call ahead:** If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

### **Stay home if you're sick**

- **Stay home** if you are sick, except to get medical care. Learn what to do if you are sick.

### **Cover coughs and sneezes**

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### **Wear a facemask if you are sick**

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

### **Avoid sharing personal household items**

- **Do not share:** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- **Wash thoroughly after use:** After using these items, they should be washed thoroughly with soap and water.

### **Clean and disinfect**

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **Disinfect areas with bodily fluids:** Also, clean any surfaces that may have blood, stool, or body fluids on them.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

**To disinfect:**

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

**Options include:**

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water OR
- 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions**

Ensure solution has at least 70% alcohol.

**Monitor your symptoms**

- **Seek medical attention:** Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).
- **Call your doctor:** Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19.
- **Wear a facemask when sick:** Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

like: Heart disease, Diabetes, Lung disease are at greater risks

**SUMMARY:**

- ✓ **Symptoms:** Fever / Cough / Shortness of Breath
- ✓ Stay home if you are feeling sick
- ✓ Wash your hands frequently, and for 20 seconds
- ✓ Use a hand sanitizer that contains at least 60% alcohol
- ✓ Maintain social distancing
- ✓ Avoid touching eyes, nose and mouth
- ✓ Avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- ✓ Bleach, alcohol, Lysol and other basic disinfectants are good to use to clean doorknobs, handles, faucets and counter tops
- ✓ Have a good supply of fluids, healthy food, decongestants, anti-inflammatory drugs and acetaminophen for fevers
- ✓ Older adults and people who have serious chronic medical conditions