What You Should Know About COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.
- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.

Know Your Risk for Severe Illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.
- If you recently had surgery, your immune system may be weakened and lessen your ability to fight the COVID-19 virus.

What (practice name) is Doing to Keep You Safe

(Practice name) and its providers follow all CDC recommendations to prevent exposure to the COVID-19 virus. However, there still can be an unforeseen risk of exposure.

What You Can Do to Protect Yourself

- **Stay home** as much as possible and avoid close contact with others. Especially if you are at a higher risk of severe illness or if you may have issues getting assistance if you get sick.
- **Wear a cloth face covering** that covers your nose and mouth in public settings.
- **Clean and disinfect** frequently touched surfaces.
- **Wash your hands** often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- **Keep away from** people who are sick.
- **Take everyday precautions to keep space between yourself and others** (stay 6 feet away, which is about two arm lengths).

Watch for Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Call your healthcare professional if you have concerns about COVID-19 and your underlying condition, or if you are sick.

When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

Resources:
https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html
https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf
https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf