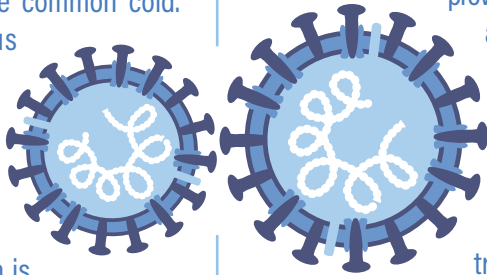


Coronavirus Disease (COVID-19)

Q. *What are coronaviruses?*

A. Human coronaviruses were first identified in the mid-1960s. We are currently aware of seven different types of human coronaviruses, four of which are associated with mild to moderate upper-respiratory tract illnesses, like the common cold. Other types of the virus include severe acute respiratory syndrome (SARS), the Middle East Respiratory Syndrome, (MERS) and Coronavirus Disease (COVID-19), which is responsible for the latest outbreak. Although COVID-19 is similar to the other types of coronaviruses, it is unique in many ways and we are still learning more each day.



Q. *How do you get infected with COVID-19?*

A. COVID-19 is spread by close person-to-person contact from droplets from a cough or sneeze, which can get into your mouth, nose, or lungs. Close contact is defined as being within approximately 6 feet of another person. There aren't many cases in the U.S., so the risk of contracting COVID-19 is low.

Q. *How do I know if I have COVID-19?*

A. If you were recently exposed to someone with a confirmed case of COVID-19, have been in a place where an outbreak has occurred within the last two weeks, or have the following symptoms that cannot be explained by another

illness. The following symptoms could indicate you have contracted COVID-19:

- fever;
- cough; or
- shortness of breath.

Unless your symptoms are severe, it is recommend you call your healthcare provider first before entering a healthcare facility. When speaking with a healthcare provider in-person or on the phone, be sure to note your symptoms, travel history, or if you were exposed to a person diagnosed with the virus.

Q. *How severe is this illness?*

A. The World Health Organization says 80% of people with COVID-19 have a mild form of the illness with cold- or flu- like symptoms. The people most likely to get seriously ill from this virus are people over 60 and/or those with pre-existing health conditions. It is estimated that for every 100 cases of COVID-19, between two and four people would die. This is very different from a coronavirus like SARS, where nearly ten in 100 sick people died from the illness.

Q. *I see people wearing masks, should I be doing that?*

A. Health officials in the U.S. do not recommend the use of masks among people not showing symptoms of COVID-19.



Q. *What can I do to prevent getting sick from COVID-19?*

A. The following tips will help to prevent COVID-19 as well as other respiratory viruses:

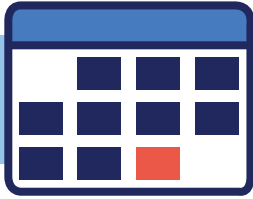
- Wash your hands often with soap and water for at least 15-20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol and rub your hands together until they are dry.
- Don't touch your eyes, nose, or mouth, especially with unwashed hands.
- Avoid close contact with people who are showing symptoms of illness.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneezes with a tissue or sneeze into your elbow. Throw the tissue in the garbage and make sure to clean your hands afterwards.
- Stay home when you are sick.



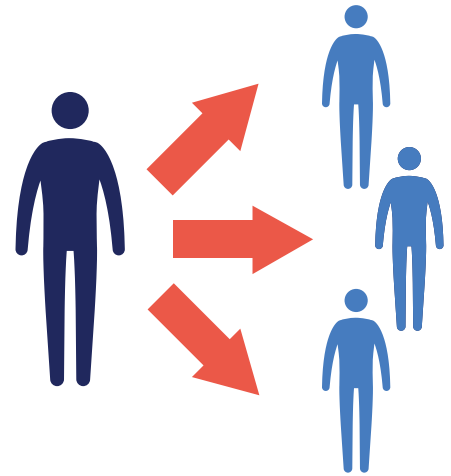
Coronavirus Disease (COVID-19)

SPREADS

Through close personal contact with a sick person.



*Symptoms may show up
2 - 14 days later*



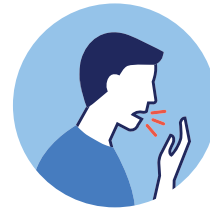
SYMPTOMS

Call your healthcare provider if:

- You have symptoms and have been to a country that has experienced an outbreak within the last 2 weeks of your travel.
- You have symptoms and have been in close contact with a person with a confirmed case of COVID-19.
- You have a sudden and severe onset of symptoms that cannot be explained by another illness.



FEVER



COUGH



SHORTNESS
OF BREATH

PREVENTION

- Wash your hands often
- Cover your cough/sneeze with a tissue
- Don't touch your eyes, nose, or mouth
- Avoid close contact with sick people
- Clean and disinfect high-touch surfaces often
- Stay home when you are sick

