

# 4824» FORWARD

## COVID-19 (Coronavirus) Fast Facts

### Fast Facts:

#### Are COVID-19 and Coronavirus referring to the same thing?

- Yes. The name COVID-19 is an abbreviation for **Coronavirus Disease 2019**.

#### What are the symptoms of COVID-19?

##### *Cough*



##### *Difficulty Breathing*



##### *Fever*



- These symptoms may appear 2-14 days after exposure. •
- Illness can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain and fever-reducing medications (Tylenol®).
- Click [here](#) for updated information regarding symptoms provided by the CDC.

#### How does COVID-19 spread?

- Person-to-person contact:
  - To become sick, you have to be exposed to the virus. CDC defines exposure as being within 6 feet (2 meters) of someone with a confirmed infection for a prolonged period of time.

- Exposure can occur through respiratory droplets -- when an infected person coughs or sneezes, similar to how flu and other respiratory viruses spread.
- Infected surfaces or objects:
  - It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your mouth, nose, or possibly your eyes.
- For these reasons, people at increased risk of infection are:
  - People who have been to areas where widespread transmission is occurring.
  - People who have been in direct close contact with someone who has COVID-19.

### **How can I protect myself?**

- Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Wash your hands before you eat.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash or use your inner elbow or sleeve.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean surfaces in your home and personal items such as cell phones, using regular household cleaning products.
- If you are an older person (>60 years old), stay home and away from other people.
- If you are a person with a serious underlying health condition that can put you at risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.
- How can I protect my neighbor?
- Listen to and follow the recommendations of your state and local authorities.
- If you feel sick, stay home. Do not go to work. Contact your medical provider.
- If someone in your household has tested positive for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.
- Work or engage in schooling from home whenever possible.
- Avoid social gatherings in groups of more than 10 people.
- Avoid eating or drinking at bars, restaurants, and food courts - Use drive-thru, pickup, or delivery options.
- Avoid unnecessary travel, shopping trips, and social visits.
- Do not visit nursing homes, retirement homes, or long-term care facilities unless to provide critical assistance.
- Practice good hygiene.

### **What do I do if I think that I am infected with COVID-19?**

- Read the CDC fact sheet in the resource documents below.
- It is important to call ahead before going to see a doctor or emergency room to prevent the spread of illness. Tell them your symptoms and that you suspect you were exposed to someone with COVID-19 or had recent travel to a place that is experiencing community spread.
- Do not ride public transportation or rideshare services.
- You cannot be tested unless you have a note from your medical provider or are transported to the emergency room via emergency medical services (EMS).
- Please reserve EMS for the critically ill.
- Critically ill symptoms include:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face
  - \*\*This list is not exhaustive. Please contact your medical provider for other concerning symptoms.

**Note:** These guidelines were adopted from the CDC and Colorado Department of Public Health & Environment. Please refer to the following fact sheets to see this information in a different format.

### **Resources:**

#### **CDC Fact Sheet:**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

#### **Michigan's COVID-19 Information site:**

<https://www.michigan.gov/coronavirus>

Helpful videos from the CDC:

- [10 Things You Can Do to Manage COVID-19 at Home](#)
- [6 Steps to Prevent COVID-19](#)
- [COVID-19: What Older Adults Need to Know](#)