COVID-19 (Coronavirus) INSTRUCTIONS:
Coronavirus disease 2019, or "COVID-19," is an infection caused
by a specific virus called SARS-CoV-2. People with COVID-19 can
have fever, cough, and trouble breathing. Problems with breathing
happen when the infection affects the lungs and causes pneumonia

How is COVID-19 spread?

COVID-19 mainly spreads from person to person, similar to the flu.
This usually happens when a sick person coughs or sneezes near
other people. Doctors also think it might be possible to get sick
if you touch a surface that has the virus on it and then touch
your mouth, nose, or eyes.

What are the symptoms of COVID-19?

Symptoms can include:
 -Fever
 -Cough
 -Feeling tired
 -Trouble breathing
 -Muscle aches

Most people have mild symptoms. Some people have no symptoms at
all. But in other people, COVID-19 can lead to serious problems
like pneumonia, not getting enough oxygen, or even death. This
is more common in people who are older or have other health
problems.

Should I see a doctor or nurse?

If you have a fever, cough, or trouble breathing and might have
been exposed to COVID-19, call your doctor or nurse. You might
have been exposed if any of the following happened within the
last 14 days:

 -You had close contact with a person who has the virus ñ This
  generally means being within about 6 feet of the person.
 -You lived in, or traveled to, an area where lots of people
  have the virus
 -You went to an event or location where there were known cases

of COVID-19 ñ For example, if multiple people got sick after a specific gathering or in your workplace, you might have been exposed.

If your symptoms are not severe, it is best to call your doctor, nurse, or clinic before you go in. They can tell you what to do and whether you need to be seen in person. If you do need to go to the clinic or hospital, you will need to put on a face mask. The staff might also have you wait some place away from other people.

If you are severely ill and need to go to the clinic or hospital right away, you should still call ahead. This way the staff can care for you while taking steps to protect others.

Your doctor or nurse will do an exam and ask about your symptoms. They will also ask questions about any recent travel and whether you have been around anyone who might be sick.

How is COVID-19 treated?

Most people with COVID-19 have only mild illness and can rest at home until they get better. People with mild symptoms seem to get better after about 2 weeks, but it's not the same for everyone. If you have COVID-19, it's important to stay home from school or work until your doctor or nurse tells you it's safe to go back.

If you have more severe illness, you might need to stay in the hospital.

How can I prepare for a possible COVID-19 outbreak?

The best thing you can do to stay healthy is to wash your hands regularly, avoid close contact with people who are sick, and stay home if you are sick.

Can COVID-19 be prevented?

There are things you can do to reduce your chances of getting COVID-19. These steps are a good idea for everyone, but

especially for people age 65 years or older or who have other
health problems:

-Wash your hands with soap and water often. This is especially
 important after being in public and touching other people or
 surfaces. Make sure to rub your hands with soap for at least
 20 seconds, cleaning your wrists, fingernails, and in between
 your fingers. Then rinse your hands and dry them with a paper
 towel you can throw away.

-If you are not near a sink, you can use a hand gel to clean
 your hands. The gels with at least 60 percent alcohol work
 the best. But it is better to wash with soap and water if you
 can.

-Avoid touching your face with your hands, especially your
 mouth, nose, or eyes.

-Try to stay away from people who have any symptoms of the
 infection.

-Avoid crowds if possible. If you live in an area where
 there have been cases of COVID-19, try to stay home as much
 as you can.

-Some experts recommend avoiding travel to certain countries
 where there are a lot of cases of COVID-19.

Experts do not recommend wearing a face mask if you are not sick,
unless you are caring for someone who has (or might have) COVID-19.

If someone in your home has COVID-19, there are additional things
you can do to protect yourself:

-Keep the sick person away from others ñ The sick person should
 stay in a separate room and use a separate bathroom if possible.

-Use face masks ñ The sick person should wear a face mask when
 they are in the same room as other people. If you are caring
 for the sick person, you can also protect yourself by wearing
 a face mask when you are in the room. This is especially
 important if the sick person cannot wear a mask.

-Be extra careful around body fluids ñ If you will be in contact
 with the sick person's blood, mucus, or other body fluids, wear
 a disposable face mask, gown, and gloves. If any body fluids
 touch your skin, wash your hands with soap right away.

-Clean often ñ It's especially important to clean things that
 are touched a lot. This includes counters, bedside tables,
 doorknobs, computers, phones, and bathroom surfaces. Some
 cleaning products work well to kill bacteria, but not viruses,
 so it's important to check labels.

-Wash hands ñ Wash your hands with soap and water often (see above).