

# COVID-19 FACTS

## What is COVID-19?

A respiratory illness that is capable of spreading from person to person.

## How is COVID-19 spread?

It is spread between people who are in close contact (less than 6 feet apart) through respiratory droplets that are produced when one person coughs or sneezes. It can also be spread by touching a surface in which the virus is on, and then touching your eyes, nose, and mouth.

## What are the Symptoms of COVID-19?

The symptoms can be mild to severe and include fever, cough and breathing difficulties.

## Is contracting the virus fatal?

Most people will recover, but persons with underlying medical conditions or compromised immune systems can develop pneumonia in both lungs and have multi-organ failure which may result in death.

## How can I protect myself?

- Avoid close contact with other people by keeping a distance of at least 6 feet apart.
- Avoid contact with people who are sick or showing symptoms.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands often with soap and water for at least 20 seconds.
- In absence of water, use alcohol-based hand sanitizer with at least 60% alcohol content.

## If I am sick, how do I prevent the spread of COVID-19?

- Stay home.
- Cover your sneezes and coughs with a tissue or sleeved elbow. Do not reuse tissues, throw them away immediately. Do not use handkerchiefs.
- Clean and disinfect frequently touched surfaces or objects.

## I have been travelling in an area with COVID-19, what do I do?

Self-isolate for at least 14 days, even if not showing symptoms.

If experiencing symptoms, call 8-1-1 or your local health care provider. Let them know you have been travelling. Follow the directions from 8-1-1 or health care provider on how to receive care, and prevent the spread of the virus. Do not go out in public.

## Is there a vaccine?

There is no vaccine to date.

## Is there a treatment?

Only treatment available is to relieve symptoms.

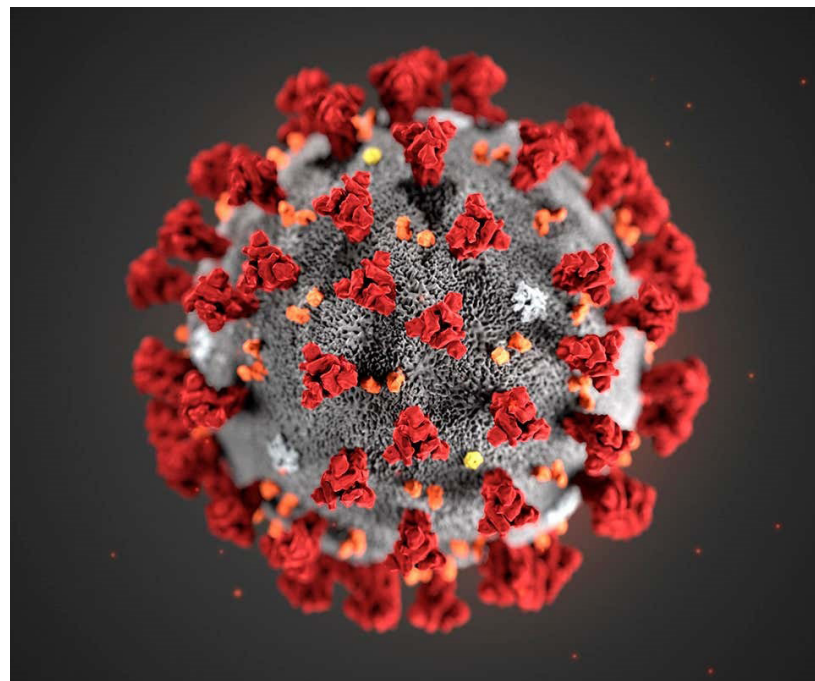


Image: <https://www.newscientist.com/term/covid-19/>

## Reference:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>