

WHAT IS COVID-19?

- Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.
- Most people infected with COVID-19 will experience mild to moderate respiratory symptoms and recover without requiring special treatment.

Protect yourself and others from the virus by wearing a mask, washing your hands or using an alcohol-based rub frequently. It is also important not to touch your face.

A mask worn incorrectly is not safe How to properly wear and use a mask

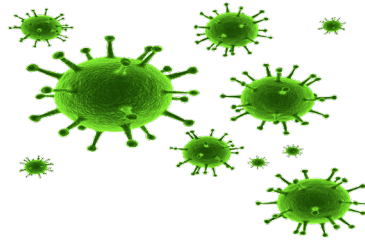


HOW IS COVID TRANSMITTED?

- COVID-19 spreads mainly through close contact from person to person.
- People who are infected but do not show symptoms can still spread the virus to others.
- It varies how easily the virus spreads depending on each individual and his or her own health.
- When people with COVID-19 cough, sneeze, sing, talk, or breathe they produce respiratory droplets.
- Infections occur mainly through exposure to respiratory droplets when a person in close contact with someone who has the virus.
- Some infections can spread by exposure to the virus in small droplets or particles that linger in the air.

Information on COVID-19

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WHAT ARE THE HIGH-RISK GROUPS?

Adults of any age with underlying conditions are at an increased risk for developing a severe illness from the virus that causes COVID-19

- Cancer
- Chronic Kidney Disease
- COPD
- Down Syndrome
- Heart conditions: Heart Failure, Coronary Artery Disease, or Cardiomyopathy
- Immunocompromised state from organ transplantation
- Obesity (BMI of 30kg or higher)
- Pregnancy
- Sickle Cell Disease
- Smoking
- Diabetes (Type I and II)
- Lung conditions: Asthma, Pulmonary Fibrosis

References

Centers for Disease Control and Prevention. (2020). *How COVID-19 spreads*. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

Centers for Disease Control and Prevention. (2020). *Symptoms of coronavirus*. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

WHAT ARE THE SIGNS/SYPTOMS?

People with COVID- 19 experience a wide range of symptoms which can vary from mild to severe. These symptoms may appear 2-14 days after exposure to the virus. Symptoms of COVID-19 include:

- Fever, cough, shortness of breath
- Fatigue/muscle or body aches
- Headache
- Sore throat/congestion or runny nose
- Nausea/vomiting/diarrhea
- New loss of taste or smell

WHEN SHOULD YOU GO TO THE ER?

Know the emergency warning signs for COVID-19. If you or someone else are showing any of these signs, immediately seek emergency medical care:

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

CALL 911 OR CALL AHEAD TO YOUR LOCAL ER: NOTIFY THE OPERATOR THAT YOU ARE SEEKING CARE FOR POSSIBLE COVID-19



