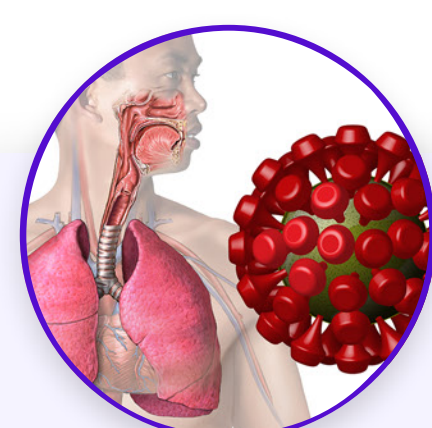
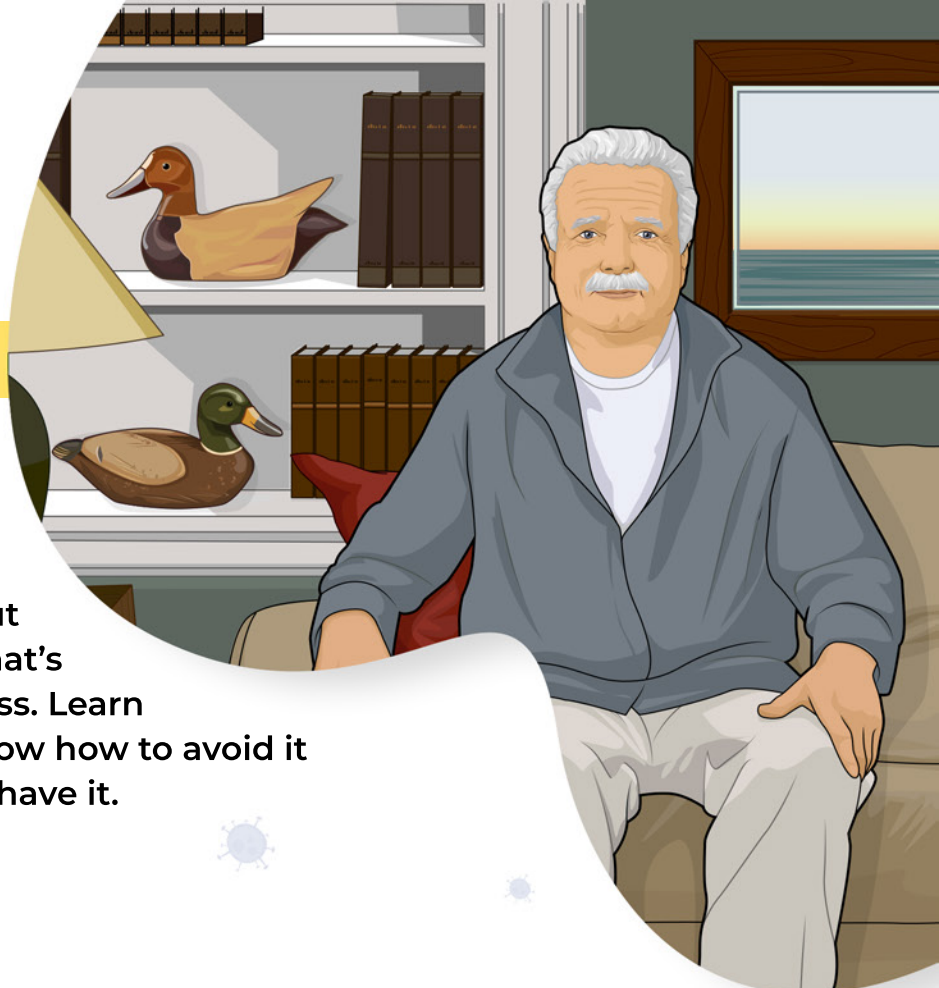


COVID-19

ACTION PLAN

With so much talk in the media about **COVID-19**, you may be wondering what's fact and what's myth about this illness. Learn the basics about **COVID-19** so you know how to avoid it and what to do if you think you may have it.

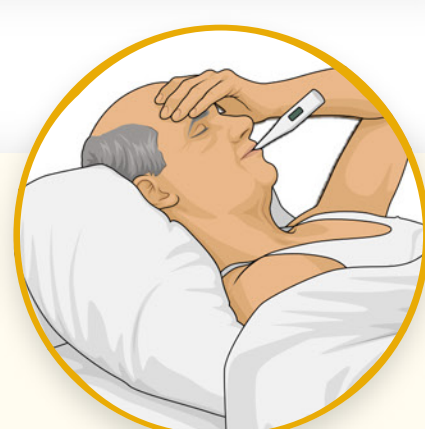


What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a highly contagious mild to severe respiratory illness caused by a new, or novel, virus. COVID-19 is spreading quickly throughout the world and within the United States.

What are the symptoms?

COVID-19 can cause fever, cough, and shortness of breath. Symptoms may appear 2 to 14 days after exposure. The illness ranges from mild to severe and may even cause death. Some people can carry the virus and spread it to others, but have no symptoms.



How is it treated?

There is no specific treatment and no vaccine for COVID-19 available at this time. Many people with mild to moderate illness recover at home. People with severe illness may need to be treated in the hospital.



How does it spread?

COVID-19 is spread from person-to-person within 6 feet (1.8 meters) of one another. When someone with the illness coughs or sneezes, infected droplets spray into the air and then settle on surfaces. You can catch the illness if you breathe in these particles or touch contaminated surfaces and then your face.



Who is most at risk from the illness?

Older people (ages over 65 years) and people with existing health conditions such as heart disease, diabetes, lung disease, or cancer have a higher risk of developing severe illness or dying from it.



What can I do to help slow the spread?

Everyone, young and old, should practice social distancing. If you can, work from home, avoid groups of 10 or more people, don't go out to bars and restaurants, avoid social visits, and don't travel if you don't have to. Wash your hands often, try not to touch your face, and sneeze or cough into a tissue or the inside of your elbow. Clean all "high-touch" areas in your home, such as doorknobs, bathroom and kitchen fixtures, toilets, phones, tablets, and counters and other surfaces. Use a household cleaning spray and follow instructions for use.



If you believe you have contracted the COVID-19 virus, you should:

Contact your doctor

Make sure you tell your provider about all your existing conditions. Your provider will tell you if and how you can get tested, as well as whether you should receive hospital care. Most often, the illness is mild to moderate, and you can recover at home.



Stay in touch with your doctor

If you start feeling worse, tell your doctor. Call before going in for medical care and tell them you have COVID-19. You will get instructions on how to protect others during your visit.



Stay isolated in your home

Try to stay in a separate room away from others in your home. Use a separate bathroom if you can. Wear a facemask any time you are around other people, or have them wear one if you can't. Practice good hygiene: when you cough or sneeze, use a tissue, throw it out, and wash your hands afterward. Avoid touching your face.



Do not leave your home or travel except for medical appointments

Do not use public transportation, ride-sharing, or taxis. Your healthcare provider and local health department will let you know when it's safe to stop home isolation.

