CORONAVIRUS DISEASE 2019 (COVID-19) FACTSHEET

WHAT IS THE CORONAVIRUS DISEASE 2019 (COVID-19) AND HOW IS IT SPREAD?
The coronavirus disease 2019 (COVID-19) is a novel (new) coronavirus that previously has not been seen in humans. The virus was first detected in Wuhan City, China, in December 2019. The abbreviation COVID-19 has three parts – ‘COVI’ stands for coronavirus, ‘D’ stands for disease, and ‘19’ represents the year in which the outbreak started. COVID-19 is not the same type of coronavirus that causes mild illness or the common cold.

COVID-19 is a respiratory illness that can spread from person to person, especially among people who are in close contact with one another, which means within about 6 feet. The virus is spread through respiratory droplets that are released when an infected person coughs or sneezes. If the droplets land on another person’s mouth or nose, they can be inhaled into that person’s lungs. It is also possible to get COVID-19 by touching objects or surfaces that have the virus on them and then touching one’s nose, mouth, or eyes.


SYMPTOMS
Symptoms include fever, coughing, and shortness of breath, which may appear 2-14 days after exposure to COVID-19. In reported cases, symptoms ranged from mild to severe illness and death.


WHAT SHOULD I DO IF I THINK I MIGHT HAVE COVID-19?
Call your doctor if you develop a fever, cough, and shortness of breath; have been in close contact with someone diagnosed with COVID-19; or have recently been to an area with ongoing spread of the virus. Your doctor will determine if you need to be tested for the virus.

People who have COVID-19 and are mildly ill should isolate themselves at home during their illness. Activity outside the home should be limited, except when medical care is needed. Avoid using public transportation. As much as possible, stay away from other people in the home, and use a separate bathroom, if available. Restrict contact with pets while sick with COVID-19, until more information is known about the spreading of the virus.

Seek emergency medical attention if symptoms worsen. Worsening symptoms may include: difficulty breathing, ongoing pain or pressure in the chest, new confusion, inability to arouse/awaken, and bluish lips or face. If you have a medical emergency, call 911 and notify the dispatcher that you have COVID-19. If possible, place a facemask over your mouth and nose before emergency professionals arrive.


PREVENTION
There is no vaccine currently available to prevent COVID-19. The best way to prevent illness is to avoid being exposed to the virus.

The CDC recommends the following preventative actions:

- Avoiding close contact with individuals who are sick.
- Avoid touching eyes, nose and mouth.
- Staying home when you are sick.
- Cover your cough or sneeze with a tissue.
- Clean and disinfect surfaces with disinfecting spray or wipe.
- Wear a facemask if you are showing symptoms of COVID-19.
- Wash your hands often with soap and water for 20 seconds.
- If soap and water are unavailable, use an alcohol based hand sanitizer with at least 60% alcohol.

TREATMENT
There is no specific antiviral treatment for COVID-19. Individuals with COVID-19 should receive supportive care for symptom relief. In severe cases, treatment may include supporting vital organ functions. Anyone who has been exposed to COVID-19 should contact their doctor immediately.


WHO IS AT HIGHER RISK?
The CDC states that “older adults and people with severe chronic medical conditions like heart, lung, or kidney disease seem to be at a higher risk for more serious COVID-19 illness.” The CDC recommends the following steps for people at higher risk:

- Stay home as much as possible.
- Make sure you have access to several weeks of medication and supplies, in case you are home for a long period of time.
- When you are in public, stay away from others who are sick.
- Wash your hands often.
- Avoid crowds.
- Stay up to date on COVID-19 information and travel alerts.

PREPARING FOR COVID-19
In preparation for the COVID-19, the CDC recommends:

- Have supplies on hand, including extra medications.
- Have over-the-counter medicines and supplies on hand to treat fever and other symptoms.
- Have household items and groceries on hand so you are prepared to stay home for a long period of time.
- Avoid people who are sick.
- Make a plan for what to do if you get sick.
- Wash your hands often.
- Clean and disinfect high-touch surfaces.

Patients with COVID-19 have experienced mild to severe respiratory illness.

**Symptoms** can include:

- **FEVER**
- **COUGH**
- **SHORTNESS OF BREATH**

*Symptoms may appear 2-14 days after exposure.*

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

For more information: [www.cdc.gov/COVID19-symptoms](http://www.cdc.gov/COVID19-symptoms)
What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care
You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home
People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor
If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected or exposed.

Wear a facemask
You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes
Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items
You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often
Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day
High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation
Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

For more information: www.cdc.gov/COVID19
Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth.

For more information: www.cdc.gov/COVID19
Hands that look clean can still have icky germs!

WASH YOUR HANDS!

1. Wet
2. Get Soap
3. Scrub
4. Rinse
5. Dry

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.
COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel

- Goggles or disposable full-face shield
- NIOSH-approved N95 filtering facepiece respirator or higher
- Gown
- One pair of clean, nonsterile gloves
- No shoe or boot covers

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)
Share Facts About COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

**FACT 1** Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT 2** The risk of getting COVID-19 in the U.S. is currently low.

Some people who live in or have recently traveled to places where many people have gotten sick with COVID-19 may be monitored by health officials to protect their health and the health of other people in the community.

**FACT 3** Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC’s coronavirus disease 2019 web page.

**FACT 4** You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you develop symptoms AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**FACT 5** There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)
CDC Protects and Prepares Communities

CDC is aggressively responding to the global outbreak of COVID-19 and preparing for the potential of community spread in the U.S.

Travel
- Conducts outreach to travelers
- Issues travel notices

Laboratory and diagnostics
- Develops diagnostic tests
- Confirms all positive test results submitted by states

Schools
- Provides guidance for schools including school closures and online education options

Businesses
- Provides business guidance including recommendations for sick leave policies and continuity of operations

Community members
- Shares information on symptoms and prevention
- Provides information on home care
- Encourages social distancing

Healthcare professionals
- Develops guidance for healthcare professionals
- Conducts clinical outreach and education

Healthcare systems
- Develops preparedness checklists for health systems
- Provides guidance for PPE supply planning, healthcare system screening, and infection control
- Leverages existing telehealth tools to redirect persons to the right level of care

Health departments
- Assesses state and local readiness to implement community mitigation measures
- Links public health agencies and healthcare systems

For more information: www.cdc.gov/COVID19