

If you become sick:

- Stay home except to get medical care
- Separate yourself from other people in the home
- Call ahead before visiting your doctor
- Avoid sharing household items
- Clean "high-touch" surfaces
- Monitor your symptoms

Follow these steps to help prevent spreading:



Clean and disinfect surfaces



Wash your hands often and for at least 20 seconds.



Cover coughs and sneezes



Wear a facemask if you are sick



Stay home if you are sick



Avoid close contact with others

COVID-19

Fact Sheet

Reference: cdc.gov/coronavirus

- This virus is very infectious, but 80% of people have mild flu-like symptoms and don't require hospitalization.
- Incubation (time between being exposed and showing symptoms) is 2-14 days.
- Virus spreads through respiratory droplets (coughing & sneezing).
- There is no vaccine. The best way to prevent illness is to avoid being exposed to this virus.

Symptoms Include



FEVER



COUGH



SHORTNESS OF BREATH

The people are at higher risk of getting very sick includes:

- Older adults (>65 years old)
- Individuals with compromised immune systems
- Individuals who have serious chronic medical conditions (ex. heart or lung disease, diabetes)

It may be possible to get COVID-19 by touching a surface that has the virus on it and then touching your face, but this is not thought to be the main way the virus spreads.

1

Cover your mouth. or nose with a tissue when you cough or sneeze.

2

Put your used tissue in the garbage can.

3

If you don't have a tissue, cough or sneeze into your upper elbow or sleeve.
NOT YOUR HANDS.

4

Wash your hands with soap and running water. Dry your hands with a paper towel.

The National Institutes of Health (NIH) says the virus can survive in the air for 3 hours. It survives best on plastic and stainless steel; it could still be detected up to 72 hours, although the numbers were drastically reduced. It only lives on cardboard for about 24 hours.

Questions? Visit <https://gamep.org/coronavirus>