**Coronavirus (COVID-19)**

**What you need to know**

**What is the coronavirus and how does it spread?**

COVID-19 is a respiratory illness that can spread from person to person. The virus is a novel coronavirus that was first identified in Wuhan, China. The virus first emerged from an animal host, but is now being spread from person to person. It is thought that the virus is spread mainly by respiratory droplets between people, when an infected person coughs or sneezes. This is done by close contact with one another (within about 6 feet). COVID may also be spread by touching surfaces or objects that have the virus on it and then touching their mouth, nose, or eyes.

**What are symptoms and complications of the virus?**

Common symptoms of COVID-19 include a fever and cough. These symptoms, when mild, can be managed at home with over the counter medications to help with the cough and aches from the fever, such as Tylenol. The use of non-steroidal anti-inflammatory drugs (ibuprofen, naproxen, Motrin, Aleve) are not currently recommended as it may worsen the symptoms. Complications from the virus can cause pneumonia in both lungs, multi-organ failure, and in some cases death. Call 911 or seek immediate help if the fever is persistently over 103 F, a change in level of consciousness or confusion, trouble breathing/shortness of breath, persistent pain, pressure in the chest (not due to coughing), bluish lips or face.

**What should I do?**

You should contact your primary health care provider by phone for additional advice. You can also call the COVID-19 hotline at 211 for advice or if you need help with getting groceries or medications. You should plan on staying home and self-quarantine until you are fever free for at least 3 days without use of a fever reducing medication and symptoms have improved and it has been 7 days since your symptoms first appeared. Stay hydrated and follow any instructions that your primary health care providers has given to you.

Do not leave your home for any reason and call your primary health care provider’s office first before going. Do not use old antibiotics as they do not work on viruses.

Frequently clean and disinfect object and surfaces that are touched. Cover your cough or sneeze with a tissue or into your elbow and then wash/disinfect your hands. Avoid touching your eyes, nose, and mouth. Avoid contact with people that are sick.

\*As of right now there is no vaccine or treatment for COVID-19. The best way to stay healthy is to frequently wash your hands or use 60% alcohol based hand sanitizer to disinfect your hands. Do not touch your face. Stay home.

All information from the CDC website. To stay up to date or find more info: CDC.gov/COVID19