



Coronavirus or COVID-19

Information about spread, symptoms, and prevention from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/about/>

How is the Virus Spread?

- Between people who are in **close contact** with one another (within about 6 feet)
- Via respiratory droplets produced when an infected person **coughs or sneezes**.
- Contact with **infected surfaces or objects** (this is not thought to be the main way the virus spreads)

People are thought to be most contagious **when they are most symptomatic** (the sickest).

Symptoms

For confirmed coronavirus disease 2019 (COVID-19) cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include:

- Fever
- Cough
- Shortness of breath

CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure.

Prevention

Recommended everyday preventive actions to help prevent the spread of respiratory diseases:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.