COVID-19 Key Points

- What is novel coronavirus 2019 (COVID-19)?
  - Is a respiratory illness caused by a type of coronavirus which was first discovered in humans in 2019 in Wuhan, China.
- Symptoms include
  - Fever
  - Cough
  - Shortness of breath
- Spread
  - From person-to-person contact, including; between people who are in close contact with one another (within about 6 feet), and through respiratory droplets produced when an infected person coughs or sneezes.
- Prevention
  - Practice social distancing
    - Reduce close contact with others, only leave your home when absolutely necessary (like trips to the grocery store, pharmacy, work, etc.)
    - Limit large groups and keep your distance from others (6 to 8 feet is recommended)
  - Wash your hands
    - 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 they are visibly dirty.
  - When to avoid contact
    - Stay home when you are sick.
    - Avoid close contact with people who are sick.
  - Face Masks
    - There has been a lot of information in the news about face masks, and it is important to understand face masks are not recommended for general use. The best use of face masks are for those who are sick and healthcare workers.
    - The reason is that we want you to avoid touching your eyes, nose, and mouth. Wearing a mask encourages you to touch your face.
  - Cover your cough
    - Cover your cough or sneeze with a tissue, then throw the tissue in the trash, or cough or sneeze into your elbow.
  - Increase Cleaning
    - Clean and sanitize frequently touched objects and surfaces using regular household cleaning spray or wipes.
- Questions or Possible Contact call (828) 349-2517.