

COVID 19: What you need to Know

There are many rumors out there and a lot of hype by media to sensationalize Coronavirus 19. Here is what you need to know.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Someone can spread the virus without being sick.

- People are thought to be most contagious when they are the sickest.
- Some spread might be possible before people have symptoms; there have been reports of this happening, but this is not thought to be the main way the virus spreads.

It may spread from contact with infected surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

How easy is it spread?

How easily a virus spreads from person-to-person can vary.

Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor in how easy a virus is spread is whether the spread is sustained and spreading continually without stopping.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected geographic areas.

Symptoms

The following symptoms may appear **2-14 days after exposure**.*

- Fever
- Cough
- Shortness of breath

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases

Treatment

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

Prevention

The best way to prevent illness is to avoid being exposed to this virus. However, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- 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. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- **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.