



# CORONAVIRUS (COVID-19)

## A COMPREHENSIVE GUIDE

The novel coronavirus appeared in December 2019 and caused a global outbreak of respiratory illness. The World Health Organization (WHO) names it COVID-19 in February 2020.



### TRANSMISSION

The virus spreads from **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from coughing and sneezing.

The virus spreads **THROUGH AIRBORNE TRANSMISSION** where tiny droplets remain in the air.

**SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE.**

Only **DESIGNATED LABORATORY TESTS** can diagnose the virus.

### EMERGENCY WARNING SIGNS



Difficulty breathing or shortness of breath



New confusion or inability to arouse



Persistent pain or pressure in the chest



Bluish lips or face

This list is not all-inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

### THE BEST WAYS TO PROTECT YOURSELF



Wash your hands with soap and water for at least 20 seconds, or use a hand sanitizer containing at least 60% alcohol.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Stay home if you are sick, except to seek medical care.



Avoid close contact with people who are sick, sneezing, or coughing.



Clean and disinfect frequently touched surfaces daily.



Wear a mask if you or someone you are caring for is sick.

### SYMPTOMS OF COVID-19 INCLUDE

FEVER

COUGH

SHORTNESS OF BREATH



In rare cases, it can lead to severe respiratory problems, kidney failure or death.

### STAYING HEALTHY

- Ensure proper **NUTRITION** with healthy meals.
- Engage in **PHYSICAL ACTIVITY** for 30-60 minutes per day.
- Stay **HYDRATED** by drinking an adequate amount of water (1/2 - 1 oz/lb)
- Go outside to receive the benefits of **SUNLIGHT** and **FRESH AIR**
- Cease use of tobacco and consume sugary drinks and alcohol in **MODERATION**
- Receive adequate amounts of **REST** (8 hours per night)



If you have traveled outside the U.S. in the past 21 days, have a fever, cough or shortness of breath, or had recent contact with someone with fever, cough or shortness of breath call before you arrive at the doctor's office or emergency room and tell them about your symptoms.

#### Sources:

- Adapted from CDC What You Need to Know
- Johns Hopkins Health Infographic