



# COVID-19 CORONAVIRUS DISEASE INFORMATION

## What is COVID-19?

The Coronavirus is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- nonproductive cough
- tightness in chest
- shortness of breath

## Am I at risk of getting COVID-19?

Healthy adults and children are considered **low-risk** for contracting the virus. The most highly impacted populations include the elderly, especially those with other health issues.

## How can I protect myself and others?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds (sing the ABC song). Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home when you are sick, except to get medical care.
- Keep sick children home from school and activities.



## How can I protect my employees and customers at my business?

- If an employee is sick, it is recommended they stay home to keep from spreading germs.
- Encourage your employees to wash their hands regularly.
- Strategically place alcohol-based hand sanitizer that contains at least 60% alcohol in convenient locations for staff and the public to use.
- Clean and disinfect frequently touched objects and surfaces such as door knobs, telephones, countertops, bathroom fixtures, keyboards and pens 2-4 times a day.

## What do I do if I think I have COVID-19?

- Call your doctor and discuss your symptoms **before** visiting your doctor.
- Separate yourself from other people and animals in your home.
- Wear a facemask when you are around other people.

## Who do I call if I have questions or need more information?

Campbell County Public Health (307) 682-7275