



**HEALTH**  
Department

# COVID-19 Facts

## What is COVID-19?

- COVID-19 or Coronaviruses are a large family of viruses that are common in people and many different species of animals, including camels, cattle, cats, and bats. The virus affecting U.S. patients causes a respiratory disease similar to the one affecting patients in China.

## Where did the virus come from?

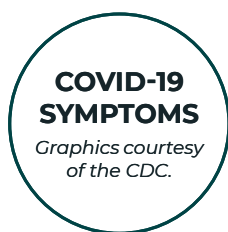
- COVID-19 was first reported in China in January 2020. It has now been detected in more than 100 locations internationally, including in the United States.
- Some locations are reporting community spread of COVID-19. Community spread means some people have been infected and it is not known how or where they became exposed.

## How COVID-19 Spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- The best way to prevent illness is to avoid being exposed to this virus.
- 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).
- From 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.

## What are the symptoms of COVID-19?

- Fever
- Cough
- Shortness of breath



**FEVER**



**COUGH**



**BREATHING ISSUES**

## How do I prevent the spread of COVID 19?

To best ensure you and your family remain healthy, always practice good hygiene habits:



**STAY HOME  
WHEN SICK**



**FACEMASKS**



**SOCIAL  
DISTANCING**

- Wash your hands with soap and water for at least 20 seconds, or use a hand sanitizer with 60% alcohol
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid close contact with people who are sick—and stay home when you are sick!
- Cover your cough or sneeze with a tissue and wash your hands
- Regularly disinfect commonly used objects and surfaces.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash.
- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



**HAND  
WASHING**



**TISSUES**



**ALCOHOL  
BASED  
CLEANERS**