

What You Need To Know About Covid-19

SYMPTOMS

There are a wide range of symptoms that have been reported. **Symptoms may take 2–14 days to appear after someone has been exposed to the virus.**

The following is a list of symptoms that have been reported:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

***Please consult with your medical provider if you are having any severe symptom that concerns you.**



***SEEK EMERGENCY MEDICAL ATTENTION IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:**

- Trouble breathing
- New confusion
- Persistent pain or pressure in the chest
- Inability to wake or stay awake
- Bluish lips or face

***Inform 911 or your local emergency facility if you need care for someone who has or may have COVID-19.**

PREVENTION

The virus is thought to spread mainly from person-to-person who are in close contact (within about 6 feet from each other). It can be transferred through respiratory droplets in cough, sneezing or talking from someone who has the virus. Some studies suggest that people may be infected with COVID-19 and not showing any symptoms.

Please practice the following to help prevent the spread of the virus:



- Wash your hands often with soap and water for **at least 20 seconds each time** (may use hand sanitizer, if soap and water are not available).
- Practice **social distancing** avoiding close contact with others, maintain 6 feet in between.
- Do not touch your eyes, nose, and mouth with unwashed hands.
- Use a cloth mask or face covering over your **mouth and nose** when you are going to be in public places or around other people.
- Avoid contact with people who are sick.
- Stay home if you are having symptoms.
- Cover your cough or sneeze with a tissue then throw the tissue away.

CLEAN AND DISINFECT YOUR HOME

Follow recommendations on cleaning and disinfecting your home to help protect those at higher risk and to help prevent the spread of the virus. Below are some guidelines recommended by the CDC, for the full detailed guidelines see the handout on Cleaning and Disinfection for Households or visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

- Wear disposable gloves to clean and disinfect.
- Use soap and water to clean any, high touch surfaces such as, tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, etc... any soft surfaces such as carpets, rugs and drapes.
- For electronics consider putting a wipeable cover and follow manufacturer's instruction.
- Disinfect with an EPA-registered household disinfectant or diluted bleach solution, for a list visit <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>.
- Launder clothing, towels, linens, and other items.



When someone is sick at home

- If possible, keep separate bedroom and bathroom for the person who is sick.
- If possible, have the person who is sick eat in their room, wash their dishes and utensils in hot water and use disposable gloves.
- Use a dedicated lined trash can for the person who is sick.
- Wash hands often (for at least 20 seconds) or use hand sanitizer that contains at least 60% Ethyl alcohol.

CLOTH FACE MASKS/COVERS:

Use the mask or cover to help protect others. Wearing a cloth face covering can help prevent the spread of COVID-19 when worn correctly.

- Make sure you can breathe through face covering.
- Wear it anytime you are going to be in public.
- Fully cover your mouth and your nose, making sure there are no gaps on the sides.
- Avoid touching the mask or cover, if you do, wash your hands afterwards.
- Wash after using and allow it to dry completely.
- Do not use on children under 2, or anyone who has trouble breathing, or is unable to remove mask without assistance.
- When taking off your mask, handle it only by the ear loops or by the strings behind your head, fold the outside corners together and wash it.



*To learn how to make your own face covering, see the handout on *How to Make Cloth Face Coverings* or visit:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

HIGH-RISK POPULATIONS

There are different factors that increase your risk for severe illness from COVID-19.



- **Age:** Among adults, the risk of severe illness increases with age, the higher the age, the higher the risk. Eight out of ten COVID-19 deaths reported in the U.S. have been in adults 65 years or older. The greatest risk is in people who are 85 years or older.
- **Pre-existing conditions:** Certain conditions such as chronic kidney disease, chronic obstructive pulmonary disease, obesity, sickle cell disease, Type 2 diabetes mellitus, serious heart conditions and people who are immunosuppressed increase the risk of severe illness. Other conditions that may increase the risk for severe illness but there is limited data on are asthma, cystic fibrosis, hypertension, liver disease, and others.

STAYING PHYSICALLY AND EMOTIONALLY HEALTHY:

The COVID-19 pandemic has affected our lives in many ways. Lifestyle changes such as working from home, temporary unemployment, remote learning for children, limited social activities can be difficult to adapt to.



The following is a list of recommendations to assist with maintaining a healthy lifestyle.

- Exercise daily
- Stay hydrated
- Keep a healthy diet
- Maintain a routine
- Relax and reduce stress
- Make time to unwind
- Work your brain, stay social and connect with others
- Know what to do if you get sick and where you can get treatment
- Practice healthy sleeping pattern
- Get outdoors while practicing social distancing
- Take breaks from watching, reading, or listening to news stories
- Seek help when needed

For additional information and resources feel free to visit <https://www.AMITAhealth.org/covid-19/>

*Adapted from the Center for Disease Control & Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>