



COVID-19



PATHOLOGY & TRANSMISSION

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

WHAT ARE THE SYMPTOMS?

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills

- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell



**The above symptoms may appear 2-14 days after exposure to the virus
 *Wear a cloth/mask covering your nose and mouth if symptomatic

WHAT ARE THE RISK FACTORS?

- Older adults (65+)
- Individuals with compromised immune systems
- Individuals with chronic medical conditions like: **heart disease, diabetes, lung disease**



HOW LONG DOES THE VIRUS LAST ON SURFACES?

The virus can last up to **24 hours** on cardboard, up to **two to three days** on plastic and stainless steel, and for **more than an hour** in air.

Clean AND disinfect frequently touched surfaces daily.

This includes: tables, doorknobs, light switches, counter-tops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



For maximum caution: first clean surfaces with soap and water, then wipe with household disinfectant.

**If you are sick, avoid sharing household items

SHOULD I GO SEE A DOCTOR?

Immediately seek medical attention when these following symptoms/emergency warning signs for COVID-19 arise: **trouble breathing, persistent chest pains, confusion/not able to be woken up, or bluish lips/face**

(above list is not all-inclusive)

- If you have mild/common symptoms, call your primary care doctor. Inform them if you have been in contact with anyone who might have COVID-19.
- Your doctor will tell you if and where you can get tested. If you develop severe symptoms, doctors will create a specialized plan to take care of you at a hospital.
- Please call a hospital/clinic/physician **BEFORE** visiting an emergency care facility.
- Please do **NOT** visit an emergency care facility without calling a hospital/clinic/physician **FIRST**.

HOW CAN I PREVENT THE SPREAD OF COVID-19?

STAY HOME WHENEVER YOU CAN.



Stay at least six feet from other people, even if they don't look ill. Avoid public transport. Find out what your community's policies are regarding leaving your home.



WASH YOUR HANDS FOR AT LEAST 20 SECONDS.

Wash before you eat or prepare food, and after you sneeze, cough, blow your nose, or visit any public place. If you cannot wash with **soap and water**, use **hand sanitizer** containing at least 60% alcohol.

AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH.



You can become infected if you touch contaminated surfaces and then touch your eyes, nose, or mouth. Cover coughs and sneezes with a tissue or your elbow.



TAKE CARE OF YOURSELF AND LOVED ONES!

Create a **list of emergency contacts** and designate space in your home for sick family members. Monitor any symptoms you may have and call ahead before visiting your doctor.