



# Senator James Sanders Jr.

## What You Need to Know About the 2019 Novel Coronavirus

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### How COVID-19 Spreads

Current understanding about how the virus that causes coronavirus disease 2019 (COVID-19) spreads is largely based on what is known about other coronaviruses. COVID-19 is a new disease and there is more to learn about how it spreads, the severity of illness it causes, and to what extent it may spread in the United States.

### Person-to-Person Spread

The virus is thought to spread mainly from person-to-person in the following ways:

- Between people who are in close contact with one another (within about six feet);
- Through respiratory droplets produced when an infected person coughs or sneezes; and
- Spread from contact with infected surfaces or objects. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

### Resources:

Visit [www.cdc.gov/coronavirus/2019-ncov/index.html](http://www.cdc.gov/coronavirus/2019-ncov/index.html) for more information

#### Español

[cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-sp.pdf)

[cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-sp.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-sp.pdf)

#### 中文

[cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-chinese.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet-chinese.pdf)

[cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-chinese.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet-chinese.pdf)



# What You Need to Know About the Coronavirus



## Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

Symptoms may appear 2-14 days after exposure and include:

- Fever
- Cough
- Shortness of breath

**Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.**

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

## What to Do If You Are Sick With Coronavirus Disease

- Call ahead before visiting your doctor. If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed. Stay home except to get medical care.
- People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

**Call your healthcare professional if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you have recently traveled from an area with widespread or ongoing community spread of COVID-19.**

**Visit [cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic](https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic) for information on where the disease is widespread.**

## Prevention and Treatment

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. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick;
- Avoid touching your eyes, nose, and mouth;
- Stay home when you are sick;
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash; and
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

## Follow CDC's Recommendations for Using a Facemask

- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a healthcare facility).