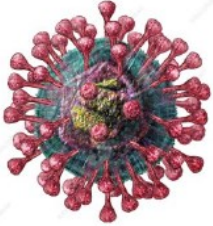


COVID-19—FAQs



ABOUT THE VIRUS



What is Coronavirus? Coronaviruses are a large group of viruses, that generally cause a variety of breathing (respiratory) and stomach symptoms. Respiratory disease can range from the common cold to pneumonia, and in most cases the symptoms are mild. However, some types of Coronavirus can cause severe disease, such as COVID-19. It is also a new, or novel virus to humans—meaning our bodies lack the ability to fight it.

Where did it come from? Coronaviruses can be found in animals (bats, camels, etc.) and can “spillover” to humans through increased contact between humans and animals. COVID-19 was first identified in China, and can be tied to a seafood & live animal market in the city of Wuhan. People began to get sick in late 2019, and from there—spread the illness to family members and others in the community. As of 3/20/2020, there are 265,867 cases worldwide.

How is it transmitted? Generally, respiratory illnesses are passed from one person to another through droplets when someone sneezes or coughs, or from surfaces where the droplets have landed.

What are the symptoms? There can be a number of symptoms related with the virus, ranging from mild to severe. Fever, cough and shortness of breath are the most common.

How is it diagnosed and what is the treatment? Diagnosis of the virus is made through a specific test that is given by medical staff and sent to a lab for testing. There is currently no specific medication for the virus and treatment is supportive care (rest, over-the-counter medication, fluids). There is also no vaccine to protect against the virus. Both medications and vaccines are currently being developed.

How do I prevent spreading it or getting it? Standard hygiene practices are recommended to prevent spreading and getting the disease: cover your mouth when you cough, sneeze into a Kleenex or your elbow, avoid close contact with those who are not well, wash your hands often with soap & water. If you have a fever, cough or trouble breathing—request to see medical and stay away from others.

What's the difference between quarantine & isolation? *Quarantine* is used to separate and restrict the movement of well persons who may have been exposed to the virus to see if they become ill. *Isolation* is used to separate ill persons who have the virus from those who are healthy. Both quarantine & Isolation restrict movement to help stop the spread of the virus.