COVID-19

What are the symptoms of COVID-19?

- Fever
- Coughing
- Shortness of breath
- In severe cases, pneumonia (infection in the lungs)

What should I do if I think I am sick with COVID-19?

If you have recently traveled to any geographic area of concern or were in contact with someone with COVID-19, and you become sick with fever, cough, or have difficulty breathing, seek medical care right away.

- **Call** your doctor or emergency room **before you go**
- Tell them about any recent travel, or recent travel of close contacts
- Wear a mask, if one is available

Close contact definition:
a) being within approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case, **OR**

b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on)

How does COVID-19 spread?

Covid-19 is thought to spread like the cold or flu through:

- Respiratory droplets from coughing and sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it

What happens to someone who contracts COVID-19?

The vast majority of people recover from this infection. Most people will have mild or moderate symptoms. Some people may be advised to recover at home and isolate themselves from others. These individuals should call their physicians or health care practitioners if their symptoms get worse. Some COVID-19 infections can lead to serious illness. If someone has a more severe illness from COVID-19, they may be admitted to the hospital. Older people (60+) and those with pre-existing medical conditions have a higher risk of serious illness. Examples of pre-existing medical conditions are diabetes, heart disease, pulmonary disease, hypertension, and an immunocompromised state.

What can I do to protect myself and others?

Take everyday preventive steps recommended to slow the spread of respiratory illnesses like colds and flu:

- Wash your hands often with soap and warm water for at **least 20 seconds**
- Use an alcohol-based hand sanitizer with at least 60 percent alcohol if soap and water are not available
- Cover your coughs and sneezes with a tissue, your sleeve or your elbow
- Avoid touching your eyes, nose, and mouth
- Clean and disinfect frequently touched objects and surfaces using standard cleaning practices
- Avoid close contact with people who are sick
- If you are sick, stay home, except when seeking medical care

Regardless of whether or not you have symptoms, **wash your hands frequently**, and **do not touch your face.**

Preparedness Measures:

- Have an adequate supply of nonprescriptive drugs and other health supplies on hand, including pain relievers, stomach remedies, cough, and cold medicines
- Check your regular prescription drugs to make sure you have an adequate supply; refill your prescriptions if needed
- Have a thermometer, tissues and hand sanitizer in case you become ill and must stay at home to recover
- Have a two-week supply of water and food at home

International Areas with Sustained (Ongoing) Transmission *updated March 12, 2020*

- China (Level 3 Travel Health Notice)
- Iran (Level 3 Travel Health Notice)
- Most of Europe (Level 3 Travel Health Notice)
- South Korea (Level 3 Travel Health Notice)
- Global Outbreak Notice (Level 2 Travel Health Notice)

https://www.cdc.gov/coronavirus/2019-ncov/about/
https://phpa.health.maryland.gov/Pages/Novel-coronavirus.aspx

March 13, 2020