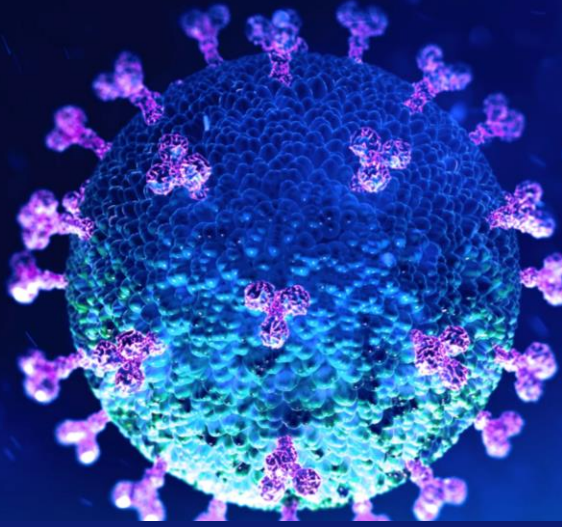**CORONAVIRUS DISEASE 2019**

# (COVID-19)

## Fact Sheet

## What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a new coronavirus not previously identified in humans. Coronaviruses are a category of viruses normally found in animals, but some can evolve and infect humans. Coronaviruses can infect your nose, sinuses, or upper throat. This specific coronavirus was first identified as the cause of an outbreak of respiratory illness in Wuhan, China in December 2019 and was officially named COVID-19 on February 11, 2020 by the World Health Organization (WHO).

## What are the symptoms of COVID-19?

Coronaviruses can cause mild to moderate symptoms like the common cold. Complications and outcomes of COVID-19 are still being investigated. Symptoms of COVID-19 may include:

- Runny nose
- Headache
- Cough
- Sore throat
- Fever
- General feeling of being unwell

## Who is at risk for COVID-19?

The health risk from COVID-19 to the general American public may change over time as the situation unfolds. Risk is based on exposure and a variety of factors that may vary, including the community in which you live, places you have visited, interactions you have had, and your line of work.

It is recommended people meeting the following criteria contact their healthcare provider to be evaluated for COVID-19:

- If you have traveled to an area affected by COVID-19 within the last 14 days **OR** had close contact with a person confirmed to have COVID-19.

**AND**

- Developed a fever and symptoms of respiratory illness, such as cough or shortness of breath.

## How is coronavirus spread?

Human coronaviruses like COVID-19 are most commonly spread from an infected person to others through:

- Close contact (within 6 feet/2 meters);
- Respiratory droplets from a person coughing or sneezing;
- Close personal contact, such as touching or shaking hands; and
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

## What should I do if I think I have been exposed to COVID-19?

If you have had close contact (within 6 feet/2 meters) with someone who is confirmed to have, or is being evaluated for COVID-19 infection, you should:

- Monitor your health starting from the day you first had close contact with the person and continue for 14 days after you last had close contact with the person.

- Watch for these signs and symptoms:
  - Fever of 100.4°F/38°C or higher – take your temperature twice a day;
  - Shortness of breath or difficulty breathing;
  - Coughing;
  - Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.

- If you develop fever or any of these symptoms, call your healthcare provider right away and let them know about your recent travel or exposure and symptoms.

**COUNTY OF SAN DIEGO**
**HHSA**
HEALTH AND HUMAN SERVICES AGENCY

**LIVE WELL SAN DIEGO**

## How is COVID-19 treated?

There is no specific treatment for COVID-19, however, many symptoms can be relieved. Recommendations for those infected with COVID-19 will depend upon a person's individual condition. There is currently no vaccine available to protect against COVID-19.

## How can I protect myself?

Actions that can prevent the spread of more common respiratory infections, like the flu, are also effective at preventing the spread of COVID-19. These actions include:

- Wash your hands with soap and water for at least 20 seconds; if soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol;
- Avoid touching your eyes, nose, and mouth with unwashed hands;
- Avoid close contact with people who are sick;
- Stay home when you are sick;
- Cover your cough or sneeze, with a tissue if possible, then throw the tissue in the trash; and
- Clean and disinfect frequently touched objects and surfaces often.

## Should I wear a face mask?

The Centers for Disease Control and Prevention (CDC) does not recommend the use of face masks for the general public to prevent the spread of COVID-19.
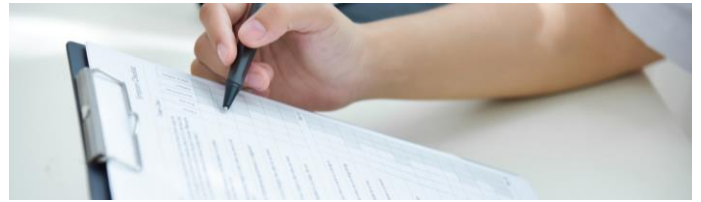
## How can I prepare myself and my family in case COVID-19 starts spreading in our community?

Get your household ready - some steps will be the same as when preparing for other emergencies:

- Store a two-week supply of food and beverages, including food for family pets.
- Ensure an adequate supply of prescribed and routine medications are on hand.
- Plan ways to care for those who are at greater risk for serious complications and who will take care of sick family members.
- If you have family members with an increased risk of getting seriously sick, check with your medical providers about symptoms and treatment.
- Create an emergency contact list of family and friends, teachers and employers.
- Have a plan in case your school, childcare facility, or place of employment closes temporarily.
- Talk with your children, family, and friends about what to do if an outbreak occurs and what each person would need.

**?** **If you have health-related questions or concerns, please contact your healthcare provider. For general questions about COVID-19 or information about community resources, please call 2-1-1.**

# Stay Informed About COVID-19

**County of San Diego Epidemiology Unit – Coronavirus Disease 2019 (COVID-19)**
www.coronavirus-sd.com
**California Department of Public Health, Immunization Branch – COVID-19**
www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx
**Centers for Disease Control and Prevention – COVID-19**
www.cdc.gov/coronavirus/2019-ncov/index.html
**World Health Organization – Coronavirus Disease (COVID-19) Outbreak**
www.who.int/westernpacific/emergencies/covid-19