

COVID-19

(Coronavirus disease 2019)

What is COVID-19?

COVID-19, or coronavirus disease 2019, was first detected in Wuhan, Hubei Province, China in 2019. Coronaviruses are a family of viruses often associated with the common cold. Found in many animal species including cattle, cats and bats, animal coronaviruses sometimes infect people and then change, allowing them to spread from person to person.

What Are the Symptoms?

Symptoms may appear between two and 14 days after exposure to the virus and include the following:



Fever



Cough



Difficulty breathing



Less common: abdominal pain, nausea, diarrhea

How Does it Spread?

Health experts are still learning the details about how COVID-19 spreads. Other coronaviruses spread from an infected person to others through these methods:



Through the air (within about 6 feet) by coughing and sneezing



Being in close contact with others (closer than 6 feet) or by touching/shaking hands



Touching a surface with the virus on it, then touching your mouth, nose, or eyes



In rare cases, contact with feces

How to Reduce Risk of Infection with COVID-19

There are currently no vaccines to prevent COVID-19, and there are no special precautions to prevent infection. Take the same steps as you would to prevent infection with the flu or common cold:



Wash hands often with soap and water—if not available, use hand sanitizer



Avoid touching your eyes, nose, or mouth with unwashed hands



Stay home while you are sick and avoid close contact with others



Avoid contact with people who are sick



Cover your mouth/nose with a tissue or sleeve when coughing or sneezing