COVID-19 Coronavirus: What You Need to Know

What is it? Covid-19 is a virus that causes fever, cough, and sometimes shortness of breath. Most people who get it are only mildly sick, but it can cause very serious illness in some people, especially older people and those with chronic conditions.

How does it spread? Covid-19 spreads by being within 6 feet of someone who has it when they talk, cough, or sneeze. It can also spread if they touch a door handle or object and then you touch it and then touch your face. Hand washing and keeping at least 6 feet from other people can help stop spread.

Can someone spread Covid-19 if they don’t look sick? Yes, people can spread the illness for a few days before they feel sick and when they are sick.

What can I do to avoid catching Covid-19?

- Stay home.
- Keep 6 feet from others.
- Wash hands with soap and water.
- Wash your hands before you touch your face or eat.
- If someone in your house is sick, they should stay in a single room away from others.
- When you have to go out to public places, keep 6 feet from other people and wear a cloth mask.

What if I still have to go to work and can’t stay home?

- Stay 6 feet from others.
- Wash hands often.
- Don’t touch your face.
- Stay away from people who are sick.
- Wear a cloth mask and don’t touch it once you put it on.

What should I do if I feel sick?

- If you are mildly sick, stay home, stay away from others, and rest.
- If you have trouble breathing or chest pain or worsening deep cough, please go to a doctor’s office, an urgent care clinic, or an emergency room.

Who should get tested? If you have a fever or cough and are a:

- Healthcare worker.
- Person over 50.
- Person who lives or works in group setting such as a nursing home.
- Person with a health condition like diabetes, heart disease or lung disease that puts you at higher risk.
- Person with severe or worsening illness.

What if I think I need to be tested for Covid-19? Call your doctor’s office or the Covid-19 helpline at 1-800-722-7112.