What you need to know about Coronavirus Disease (COVID-19)

WHAT IS CORONAVIRUS DISEASE 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

HOW DOES COVID-19 SPREAD?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

WHAT ARE THE SYMPTOMS OF COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever (greater than 100.4)
- cough
- shortness of breath

WHAT ARE SEVERE COMPLICATIONS FROM THIS VIRUS?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death. This is why it is so important to take steps to protect yourself and others.

WHAT SHOULD I DO IF I FEEL SICK?

If you develop cough and fever or other respiratory symptoms please isolate yourself from other people and call the Confluence Health COVID hotline 509-663-8711. They will advise you how to best take care of your symptoms or to seek medical are.

HOW CAN I HELP PROTECT MYSELF?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Practice "social distancing", which means stand more than 6 feet from anyone other then your household members.
- Clean all "High-Touch" surfaces regularly. These include frequently touched items such as door knobs ,faucets, counters, phones and keyboards.
  - If someone in your house is sick, clean "High-Touch" surfaces **Daily.**

IS THERE A VACCINE?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

IS THERE A TREATMENT?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

FOR MORE INFORMATION:
www.confluencehealh.org
www.cdc.gov/COVID19