



Know the Basics

What is COVID-19?

COVID-19 is a respiratory illness that can spread from person to person. There are many types of coronaviruses, but COVID-19 is caused by a new coronavirus never previously seen in humans.

How does COVID-19 spread?

COVID-19 can spread to people who are in close contact (within about 6 feet) with an infected person when that person coughs or sneezes. COVID-19 can also live on surfaces, but it is not known for how long.

What are the symptoms?

Commonly reported symptoms include fever (> 100.4°F), cough, and shortness of breath.

Who is most at risk for COVID-19?

People at high risk for severe illness are those over 65 years old or those with other health conditions, such as lung disease, heart disease, diabetes, or cancer. People in close contact with the infected—such as in-home caretakers and intimate partners—are also at high risk.

Know How to Help

Practice Social Distancing

- Stay home as much as possible.
- Create more physical space between yourself and others.
- Keep at least 6 feet between yourself and others, whenever possible.
- Do not gather in large crowds.
- Work from home, if possible.
- Avoid all nonessential travel.
- Avoid all nonessential social interactions.

Protect Yourself & Others

- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your mouth and nose with a tissue or your sleeve when sneezing or coughing. Do not use your hands.
- Do not touch your eyes, nose or mouth with unwashed hands.
- Do not shake hands. Instead, wave or elbow bump.

When should I get tested?

Testing should only be used for people who need to be hospitalized for severe illness like pneumonia. This protects health care workers and may affect treatment options. If you have mild symptoms—*stay home*. You can save someone else's life by doing so, ensuring that resources go to those who need them most.