Coronavirus (COVID-19): What you need to know

The coronavirus (COVID-19) is here in our community. It is up to all of us to do our part and stop the spread of COVID-19.

COVID-19 IS SPREAD MAINLY FROM PERSON TO PERSON:

- Between people who are in close contact with one another (within about 6 feet for 15 or more minutes over a 24-hour period).
- Through respiratory droplets produced when an infected person coughs, sneezes, sings, or talks.
- Sometimes through the air when small droplets and particles stay in the air for minutes or hours.

SYMPTOMS MAY INCLUDE:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms may appear 2-14 days after you are exposed to COVID-19. Some people never have symptoms.

PEOPLE WHO ARE AT HIGH-RISK FOR SEVERE ILLNESS FROM COVID-19 INCLUDE:

- Older adults and people of any age with certain conditions or disabilities.
- See the list of conditions at cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html

COVID-19 VACCINES

COVID-19 vaccines are free, safe, and highly effective at preventing severe illness, hospitalization, and death. See vaccinate.virginia.gov for more information. Until you are fully vaccinated, you should continue to take steps to protect yourself from COVID-19.

DO YOU HAVE A QUESTION ABOUT COVID-19?

Call our COVID-19 Call Center! We have public health professionals available to talk to you in English and Spanish.

CALL: 877-ASK-VDH3

Updated August 20, 2021
### TO PROTECT YOURSELF AND OTHERS FROM COVID-19:

- **Get vaccinated.** COVID-19 vaccines are free, safe, and effective. Find a vaccine site at [vaccinate.virginia.gov](vaccinate.virginia.gov)
- If you feel sick, stay home and isolate yourself from other people in your household. Do not go to work or school.
- Stay at least 6 feet away from others who are not members of your household. Avoid crowds and large gatherings.
- Wear a mask when required or recommended.
- Clean your hands often with soap and water for 20 seconds or hand sanitizer with at least 60% alcohol.
- Cover your coughs and sneezes.
- Avoid touching your face with unwashed hands.
- Clean frequently touched surfaces regularly (like phones, remote controls, counters, tabletops, doorknobs, and toilets).

### WHAT TO DO IF YOU ARE SICK:

- Stay home except to get medical care. Do not go to work or school.
- Separate yourself from other people in your home. Try to use a separate bedroom and bathroom from other people in your home.
- Get tested. Contact your healthcare provider or see [vdh.virginia.gov/coronavirus/covid-19-testing-sites/](vdh.virginia.gov/coronavirus/covid-19-testing-sites/)
- Talk to your healthcare provider about monoclonal antibodies therapy. Call ahead before visiting your provider.
- Wear a mask when you are around other people.
- Cover your coughs and sneezes with a tissue. Throw away tissues immediately.
- Clean your hands often. Use soap and water for 20 seconds or hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched surfaces regularly (like phones, remote controls, counters, tabletops, doorknobs, and toilets).
- Monitor your symptoms every day.

Call 9-1-1 if you have any medical emergency. Tell the operator that you have or think you might have COVID-19.

**VDH**

**DEPARTMENT OF HEALTH**

Updated August 20, 2021