CORONAVIRUS (COVID-19): WHAT YOU NEED TO KNOW

VDH VIRGINIA DEPARTMENT OF HEALTH
To protect the health and promote the well-being of all people in Virginia.

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).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Symptoms include:

- Fever
- Cough
- Shortness of breath and difficulty breathing

**These symptoms may appear 2-14 days after exposure.
There is no treatment for COVID-19.**

To protect yourself from COVID-19:

- Stay home as much as possible and limit visitors in your household (they may have been exposed to the virus and not show symptoms).
- Try to only leave your house to get groceries and essential supplies.
- When you leave your house, wear a cloth mask
- If you feel sick, stay home and isolate yourself from other people in your household. Do not go to work.
- Clean your hands often with soap and water for 20 seconds. If soap and water is not available, use hand sanitizer
- Cover your coughs and sneezes
- Clean and disinfect frequently touched surfaces daily.

The best way to protect yourself and your family from COVID-19 is to stay home and not allow visitors into your home. This includes family that does not live with you.

What to do if you are sick with COVID-19:

- Stay home except to get medical care. Do not go to work.
- Separate yourself from other people in your home, this is known as home isolation. Try to sleep in a separate room and use a separate bathroom then other people in your home.
- Call ahead before visiting your doctor.
- If you are sick, wear a face 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 or hand sanitizer if soap and water are not available.
- Avoid sharing personal household items (like dishes, drinking glasses, utensils, towels, or bedding with other people in your home).
- Clean and disinfect all "high-touch" surfaces everyday (like phones, remote controls, counters, tabletops, doorknobs, toilets, tablets, and bedside tables).
- Monitor your symptoms every day.

What to do if you were exposed to coronavirus disease (COVID-19)?

If you had close contact with a person sick with COVID-19, the Virginia Department of Health (VDH) recommends that you stay at home for 14 days after the last time you saw the person and practice social distancing. Close contact includes:

- Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19,
- ·Being within 6 feet of a sick person with COVID-19 for about 10 minutes, or
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed or sneezed on, kissing, sharing utensils, etc.).

Call 911 if you have a medical emergency:

If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

Do you have any questions 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

For more information about COVID-19, visit www.cdc.gov/coronavirus