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.

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

Updated August 20, 2021

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+ 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

These symptoms may appear 2-14 days after exposure. Some people never have symptoms.

COVID-19 Vaccines

- Available 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.

To protect yourself and others from COVID-19:

- Until you are fully vaccinated, you should:
  - Stay at least 6 feet away from people who are not members of your household. Avoid crowds and poorly ventilated indoor spaces.
  - Wear a mask when required or recommended.
  - Some fully vaccinated people should continue to take precautions.
- Clean your hands often. Use soap and water for 20 seconds or hand sanitizer with at least 60% alcohol.
- Avoid touching your face with unwashed hands.
- Cover your coughs and sneezes.
- If you feel sick, stay home and away from others in your household. Do not go to work or school.
- Clean frequently touched surfaces regularly.

What to do if you are sick:

- Stay home except to get medical care. Do not go to work or school. Call ahead before visiting your doctor.
- Separate yourself from other people in your home and try to use a separate bedroom and bathroom. Avoid sharing personal household items (like dishes, drinking glasses, utensils, towels, or bedding) with other people in your home.
- Get tested. Contact your healthcare provider or see vdh.virginia.gov/coronavirus/covid-19-testing-sites/
- Talk to your provider about monoclonal antibodies therapy.
- 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 all "high-touch" 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 might have COVID-19.

What to do if you are exposed to someone with COVID-19:

- Unless you are fully vaccinated, stay home for 14 days after your last exposure and do not go to school or work. If you do not have symptoms, you may be able to leave home earlier.*
- Avoid contact with others in your household.
- Monitor your health for 14 days after your last contact.
- Get tested. Contact your healthcare provider or see vdh.virginia.gov/coronavirus/covid-19-testing-sites/
- Talk to your provider about monoclonal antibodies therapy.
- Answer the call if your health department calls you.
- Call 9-1-1 if you have any medical emergency.
- *For more details about any of these steps, see vdh.virginia.gov/coronavirus/local-exposure/

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 (877-275-8343)

For more information about COVID-19, visit vdh.virginia.gov/coronavirus/

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