

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

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+ minutes over a 24-hour period).
- Through respiratory droplets produced when an infected person coughs, sneezes, sings, or talks.
- 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 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 medical conditions or disabilities](#).



COVID-19 VACCINES

COVID-19 vaccines are free, safe and effective at preventing severe illness and death. Continue to take steps to protect yourself and others from COVID-19, especially if you are not [up to date with your COVID-19 vaccines](#). See [vaccinate.virginia.gov](https://www.vaccinate.virginia.gov) for more information.



DO YOU HAVE A QUESTION ABOUT COVID-19?

Call our COVID-19 Call Center! Public health professionals are available to talk to you in English and Spanish and other language services are available.

CALL: 877-ASK-VDH3



LAYER THESE PREVENTION TIPS TO PROTECT YOURSELF AND OTHERS FROM COVID-19:



- **Get vaccinated and boosted when eligible.**
- COVID-19 vaccines are free, safe, and effective. Find a vaccine site at 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.



- Wear a mask when required or recommended.



- If you are not up to date with your vaccines, stay at least 6 feet away from others who are not members of your household.

- Avoid crowds and spaces with poor airflow.



- Clean your hands often with soap and water for at least 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 OR INFECTED WITH COVID-19:



- Stay home until it is safe to be around others. Do not go to work or school.

- Separate yourself from other people in your home.



- Get tested. Find testing locations in Virginia at vdh.virginia.gov/coronavirus/covid-19-testing-sites/.

- Tell anyone you had close contact with that you have COVID-19. They may need to stay home and take other precautions.



- Talk to your healthcare provider about whether you are eligible for early treatment options. If you need medical care call ahead before visiting your provider.



- Wear a mask when you are around other people.

- Cover your coughs and sneezes with a tissue.



- Clean your hands often.

- Clean and disinfect frequently touched surfaces regularly.



- Monitor your symptoms every day.

- Find more information at <https://www.vdh.virginia.gov/coronavirus/protect-yourself/infected/>

