WHAT YOU NEED TO KNOW ABOUT COVID-19

How the Virus Spreads
The virus is thought to 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. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms. There have been reports of this occurring with this new coronavirus, however, researchers continue to learn more about how the virus spreads. Visit the CDC website for the more current and accurate information (www.cdc.gov).

Symptoms
Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear 2–14 days after exposure. Main symptoms include fever, cough, and shortness of breath. Call your doctor if you develop symptoms, and have been in close contact with a person known to have COVID-19, or have recently traveled from an area with widespread or ongoing community spread of COVID-19.

Steps to Prevent Illness
The best way to prevent illness is to avoid being exposed to the virus.

Clean your hands often.
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact
- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick, those over 60 or with chronic health conditions.

Stay home if you are sick
- Stay home if you are sick, except to get medical care. Call first before visiting any medical facility in order to receive their specific pre-visit instructions.

Cover coughs and sneezes
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Clean and disinfect
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

SOURCE: HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML
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