

COVID-19 Frequently Asked Questions

Can a healthy young person develop severe illness due to COVID-19?



Every person, old or young, healthy or unhealthy can experience either mild or severe symptoms of COVID-19. That is why *everyone* should take protective measures, such as washing your hands often and wearing a mask in public places while practicing social distancing.

Do two people with COVID-19 have to social distance if they are infected with the same virus?



People exposed to COVID-19 should go into quarantine and stay home to prevent further spread. Practice social distancing if multiple people living in the same house are sick and have not been tested for COVID-19.

Should I track the growing number of COVID-19 deaths? It's scary and makes me lose hope.



Reduce the time you spend watching, listening, or reading media coverage on COVID-19 if you find it upsetting. Focus on doing things that keep you healthy such as eating well, getting enough sleep, exercising, and things that relief your stress.

When is this going to end?

- Experts do not know when this pandemic will end, but we can all do our part in slowing the spread of the disease by washing our hands, staying home, wearing a mask in public places, and practicing social distancing. This will likely continue until an effective vaccine is created and made available.

Can the COVID-19 virus live on clothing? What do I do?



A virus on your clothes cannot infect you unless it gets inside your body. According to the CDC, launder clothing according to the manufacturer's instructions. Use the appropriate water setting and allow items to dry completely. If you suspect any surface of being contaminated, wash your hands after making contact with it and refrain from touching your eyes, mouth or nose.

Can the coronavirus come in to my home if I open a window?



No. The virus that causes COVID-19 is transmitted through droplets when an infected person coughs, sneezes, or speaks. These droplets are too heavy to stay in the air, so they quickly fall on surfaces.

I am afraid to go outside, visit the doctor, and get medications from the pharmacy.



It is natural to be scared during these times. If you have to go out, keep a distance (6 feet) between you and other people, wear a face mask, and wash your hands as soon as you get home.

Consult your doctor about the safest way to attend appointments.

Use mail-order or curbside pick-up for your medication.

Are babies immune?

- No. The youngest reported case of COVID-19 in Minnesota is of a 4-month old. The baby is doing well and did not require hospitalization.

Sources:

WHO - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
MDH - <https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>



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