

# Coronavirus Disease 2019 (COVID-19)

The Coronavirus disease 2019 (COVID-19) is a respiratory disease that is caused by a new virus that easily spreads from person to person.

## What symptoms should you watch for?

The following symptoms may appear within 2 to 14 days after exposure.



## How does COVID-19 spread?

The virus that causes COVID-19 seems to be spreading mainly from person to person.

- People are within about 6 feet of each other
- When an infected person coughs or sneezes the respiratory droplets produced:
  - Can land in the mouths or noses of anyone within 6 feet
  - Can be inhaled into the lungs
  - Can land on surfaces like doorknobs, computers, or cell phones

## Who is at higher risk of getting the COVID-19 illness?

- People with chronic medical conditions such as
  - Heart disease
  - Lung disease
  - Diabetes
  - Current or recent pregnancy in the last two weeks
  - Other Conditions: Check with your Doctor
- Older adults

## Help prevent the spread of COVID-19

There is currently no vaccination for this virus; therefore, it is very important for everyone to do their part to help prevent the spread of COVID-19 by following the steps described below.

## How do I protect myself from COVID-19?

You can take the same preventative measure that you would to avoid getting colds or flu.

These precautions include:

- Wash your hands frequently
- Use hand sanitizer which contains at least 60% of alcohol
- Do not touch your eyes, nose, and mouth
- Avoid close contact with people who are sick
- Put at least 6 feet between yourself and others (social distancing)

### Sources:

MDH - <https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>

CDC - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>



COVID-19 information funded by

