

COVID-19 Information Related to Symptoms and Protection

How Coronavirus (COVID-19) Spreads-Updated April 27, 2020

When the coronavirus spreads person-to-person it happens mainly through droplets produced when an infected person coughs or sneezes. Recent studies suggest COVID-19 may also be spread by people who have no symptoms.

Symptoms

A COVID-19 infection can make a person mildly sick or severely ill. Symptoms can be very different for each person. CDC now knows that people who have COVID 19 have these symptoms or a combination:

- Cough
- Shortness of breath, difficulty breathing

Or at least two (2) of the following symptoms:

- *Fever*
- *Chills*
- *Repeated shaking with chills*
- *New loss of taste or smell*
- *Muscle Pain*
- *Headache*
- *Sore throat*
- *Vomiting or diarrhea*

Symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure to the virus. If a person has these symptoms, go to a hospital emergency room or call the state or local health department about being tested.

Prevention

There is currently no vaccine to prevent COVID-19 infection. The CDC recommends these actions to help prevent the spread of the virus, including:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Cover your mouth and nose with a cloth face cover when around others and do not shake hands.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw it in the trash.
- Clean frequently touched objects and surfaces with household cleaners as the virus may live on these surfaces.