

## Information for Staff, Patients and Families

### How Coronavirus (COVID-19) Spreads

When the coronavirus spreads person-to-person the Center for Disease Control (CDC) believes it happens mainly through droplets produced when an infected person coughs or sneezes.

### Symptoms

For confirmed COVID-19 infections, the illness ranges from people being mildly sick to people being severely ill. Symptoms can include:

- Fever
- Cough
- Shortness of breath, difficulty breathing

Symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. If ill with these symptoms, go to a hospital emergency room or call the state health department.

### Prevention

There is currently no vaccine to prevent COVID-19 infection. CDC always 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.
- 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 surfaces.
- The CDC does not recommend wearing a mask if you are well.
- Avoid shaking hands.