Coronavirus-COVID-19

What is Coronavirus?

The coronavirus is a family of viruses that can transmit between hosts. The coronavirus currently discussed in media is known as COVID 19 (novel coronavirus disease 2019). This virus can be transmitted through hosts by close contact (6ft or less) or through respiratory droplets (coughing and sneezing). Symptoms may present between 2-14 days after exposure. Symptoms include fever, cough, and shortness of breath.

Call your doctor if you have develop symptoms, have been in close contact with someone that has a *confirmed* case of COVID-19, or have recently traveled to an area with widespread community exposure to COVID-19.

How can I prevent Coronavirus?

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
  - *CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.*
  - *Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).*
- **Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.**
  - **If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.**

Cite: https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html

HELP FIGHT THE SPREAD OF ILLNESS

POW!

WASH HANDS OFTEN
WITH WARM WATER AND SOAP FOR AT LEAST 20 SECONDS. HAND SANITIZER IS GOOD IN A PINCH.

KEEP HANDS AWAY
FROM MOUTH, NOSE OR EYES TO AVOID TRANSFERRING GERMS.

CLEAN AND DISINFECT
FREQUENTLY USED SURFACES LIKE COUNTERS, LIGHT SWITCHES, DOORKNOBS, AND REMOTES.

COVER COUGHS & SNEEZES
WITH A TISSUE, THEN THROW TISSUE AWAY AND WASH YOUR HANDS.

IF YOU FEEL SICK, STAY HOME
FROM WORK, SCHOOL, OR OTHER ACTIVITIES AND AVOID CLOSE CONTACT WITH OTHERS.

FOR MORE INFORMATION GO TO:
WWW.SNOHD.ORG/NCOV2019 OR WWW.SNOHD.ORG/FLU

SNOHOMISH
HEALTH DISTRICT
WWW.SNOHD.ORG

SYMPTOM CHECKER

How COVID-19 Compares With Other Illnesses

What does being sick with COVID-19 look like compared with a cold or the flu? Check what types of symptoms show up for each illness and how often in the chart below.

NOTE: If you have not been to a country or area with an outbreak of COVID-19 or have not had contact with someone who has, the Centers for Disease Control and Prevention says the risk of getting the disease is low.

	COVID-19		COLD/UPPER RESPIRATORY INFECTION		ALLERGIES/HAY FEVER		INFLUENZA	
	Is it a Symptom?	How Common?	Is it a Symptom?	How Common?	Is it a Symptom?	How Common?	Is it a Symptom?	How Common?
Fever	✔	Common	✔	Rare			✔	Common
Fatigue (Tiredness)	✔	Common	✔	Sometimes	✔	Sometimes	✔	Common
Dry Cough	✔	Common			✔	Sometimes	✔	Common
Difficulty Breathing	✔	Severe			✔	Sometimes		
Aches and Pains	✔	Sometimes	✔	Rare			✔	Common
Sneezing			✔	Common	✔	Common	✔	Sometimes
Runny Nose	✔	Sometimes			✔	Common	✔	Sometimes
Stuffy Nose			✔	Common	✔	Common		Sometimes
Watery Eyes					✔	Common		
Sore Throat	✔	Sometimes	✔	Common			✔	Sometimes
Diarrhea	✔	Sometimes					✔	Rare

Information compiled from Florida Department of Health, CDC, World Health Organization
Infographic by Christie Zizo/Spectrum News

SPECTRUM NEWS

Others sources for information:

TN Department of Health Coronavirus Resource Page
https://www.tn.gov/health/cedep/ncov.html

Centers for Disease Control

Coronavirus Main page
https://www.cdc.gov/coronavirus/2019-ncov/index.html

National Institutes of Health
Coronavirus Disease 2019 (COVID-19)
https://www.nih.gov/health-information/coronavirus