

# Frequently Asked Questions about COVID-19

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The information below is provided to help you and your family understand COVID-19, the risks associated with it, and how to best protect yourself and your family. This fact sheet was created using resources from the Pennsylvania Department of Health and the Centers for Disease Control and Prevention.

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## What are coronavirus and COVID-19?

Coronaviruses are a large family of viruses, some causing illness in people and others circulating among animals, including camels, cats, and bats. The 2019 novel coronavirus (COVID-19) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

## What are the symptoms?

Symptoms can include: fever, cough, and shortness of breath. These symptoms may appear in as few as two days or as long as 14 days after exposure. Reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying.

## How can I protect myself and others?

There is currently no vaccine for COVID-19. The best way to protect yourself is to know how the virus spreads, and to protect yourself and others from infection.

### Understand how COVID-19 spreads:

- The virus is believed to spread from person-to-person via respiratory droplets (droplets from coughs or sneezes). This can occur up to six feet between people.

### Protect yourself:

- Wash your hands with soap and water for at least 20 seconds. Alternatively, if you cannot wash your hands, you can clean your hands with hand sanitizer that contains at least 60% alcohol.
- Don't touch your face (eyes, mouth, or nose) with unwashed hands.
- Avoid close contact with people who are sick. Also avoid contact with other people in your community, if the virus is spreading there. Remember, the virus can spread up to six feet between people.

### Protect others:

- Cover your coughs and sneezes with a tissue, and immediately throw the tissue away. Alternatively, you may cough or sneeze into the inside of your elbow. Immediately wash or sanitize your hands afterward.
- Clean and disinfect all "high touch" areas.
- Avoid sharing household items (glasses, utensils, etc.). Wash thoroughly after use.
- If you are sick, wear a facemask when around other people. If you are caring for someone who is sick, you should wear a facemask when caring for that person.

## What do I do if I have been around someone who is sick?

You should monitor their health. Call your healthcare provider right away if you develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath).

## What do I do if I am sick?

If you are sick, stay home (unless it is an emergency). Call your doctor, your local health department, or the PA Department of Health (1-877-PA-HEALTH). Avoid public transportation. Stay in a room by yourself, and use a separate bathroom from others, if possible. Wear a facemask around other people. Clean and disinfect all "high touch" areas you may be around.

If your illness is worsening, seek medical care right away.

## Can people who recover from COVID-19 be infected again?

The immune response to COVID-19 is not yet understood. You should not assume that getting COVID-19 will make you immune from being infected again at a later point.

## So what does this all mean for me and my family?

You should be vigilant about safeguarding your health and the health of your family.

- Practice social distancing (staying six feet from others).
- Wash your hands and clean and disinfect surfaces in your home, vehicle, and places of work.
- Monitor yourself for signs and symptoms of COVID-19.
- If you exhibit signs, become sick, or have been exposed to someone who has COVID-19, contact a health professional, your local health department, or the PA Department of Health.