



What You Need to Know About COVID-19

Novel Coronavirus

- Coronaviruses are a family of viruses that cause mild illnesses like a cold, to more serious illnesses like pneumonia
- Infections with this virus have been reported in many countries, including the U.S. For an undated list of affected areas, visit www.cdc.gov/coronavirus
- The virus is likely to be spread from person to person, but it is currently unclear how easily it spreads
- Commonly reported symptoms include fever, cough, and shortness of breath.
- The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease. Most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around five days. These estimates will be updated as more data become available
- Most people (about 80%) with COVID-19 will feel like they have a bad cold or the flu. Some people will require hospitalization. People who are at most risk for severe illness are the elderly or have other health conditions like high blood pressure, diabetes, or heart disease

What should Harrisburg residents do?

Residents should go about their daily lives, but take certain precautions:

- ✓ Get the flu shot—it’s not too late. Although the flu shot will not protect you from COVID-19, it will help prevent the flu which has similar symptoms to the coronavirus and can be just as serious
- ✓ Wash hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizers
- ✓ Do not touch your eyes, nose or mouth with unwashed hands
- ✓ Cover your coughs and sneezes with a tissue or your sleeve (not your hands)
- ✓ Clean and disinfect frequently touched objects and surfaces
- ✓ If you feel sick...stay home. The CDC recommends that individuals remain home for at least 24 hours after you no longer have a fever or signs of a fever (chills, feeling warm, flushed appearance)
- ✓ Take any anti-viral medication prescribed to you as instructed

At This Time, Harrisburg residents do not need to:

- ✓ Limit travel within the city
- ✓ Avoid public gatherings or public transportation



- ✓ Change anything about where you get your food or how you prepare it
- ✓ Wear a face mask if you are not sick. Face masks are only necessary if directed by a health care provider (People wear face masks for many reasons like: seasonal allergies, pollution or protecting those around them from a common cold. People wearing masks should not be harassed or targeted for wearing one)
- ✓ Some information in social media and the news is not based in science or facts and is offensive, demeaning and racist. Support your friends, neighbors, and colleagues by proactively countering misinformation. Obtain COVID-19 information from trusted sources like the CDC and the World Health Organization (WHO) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>

What can international travelers do to protect themselves?

- ✓ Avoid non-essential travel to affected areas. Visit <https://wwwnc.cdc.gov/travel> for the latest travel health notices
- ✓ If you were recently outside of the U.S. and do not have a fever, cough or shortness of breath go about your daily life but monitor yourself for these symptoms. If they develop, go to your doctor.
- ✓ If your doctor asks you to stay home:
 - Avoid going in public, to school or to work until you have been fever-free for at least 72 hours without the use of fever-reducing drugs like Tylenol or ibuprofen
 - Cover your coughs and sneezes with a tissue or your sleeve—not your hands
 - Wash hands often with soap and warm water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available