

## What is Coronavirus (COVID-19)?

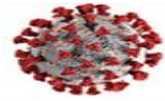
COVID-19 is a new disease caused by a virus called SARS-CoV-2 that has spread throughout the world. COVID-19 can spread from person to person, and through respiratory droplets.

## Symptoms (Call Your Healthcare Provider for Evaluation)

- Fever (temperature greater than 100.4 degrees Fahrenheit)
- Chills
- Cough
- Fatigue or weakness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Conjunctivitis

## Severe Symptoms (Go to Emergency Department or call 911)

- Persistent pain or pressure in the chest
- Difficulty breathing or shortness of breath, persistent
- New confusion
- Difficulty waking up
- Bluish lips or face



## People Who Need to Take Extra Precautions

- Immunocompromised Persons
- Older Adults (65 years and older)
- Persons with Asthma
- Persons with Diabetes
- Persons with Heart Disease
- Persons with HIV
- Persons with Liver Disease
- Persons with Dementia
- Persons with Disabilities
- Pregnant and Breastfeeding women
- Homelessness Persons
- Racial and Ethnic Minority Groups
- Newly Resettled Refugee Populations

## Prevention and Control

- Monitor yourself for symptoms
- Stay home if you are sick, but go to your healthcare provider if you need to
- Wash your hands often with soap and water
- Practice social distancing at work and at home
- If social distancing is impossible, wear a cloth face cover
- Clean and disinfect frequently touched surfaces (Use EPA approved product)
- Rest, drink adequate fluids, and eat healthy food
- Manage your stress to improve your immunity

### References

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EPA (2020). List N: Disinfectants for Use Against SARS-CoV-2 (COVID-19). Retrieved from <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>