

WHAT IS IT?

- Commonly called Coronavirus; you may also see it referred to as Novel Coronavirus or the COVID-19 virus.
- The virus was first identified in Wuhan, China and China has been the hardest hit by the virus. Other countries, including Japan, South Korea, Thailand, Iran, Italy and the United States have seen limited cases.
- Like many other viruses, COVID-19 is spread through close person-to-person contact via respiratory droplets that are produced when an ill person coughs or sneezes.
- Even if an infected person is not yet showing symptoms, they are still able to transmit the illness to others. This is also true of many more common viral illnesses.
- Symptoms include fever, cough, shortness of breath and difficulty breathing. These may start anywhere from 2 -14 days after exposure.

HOW CAN I PROTECT MYSELF AND OTHERS?

- As a general rule, if you're feeling sick...STAY HOME!
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touch objects and surfaces.
- Wash your hands frequently – or use an alcohol-based hand sanitizer.
- Cover your mouth/nose when you cough or sneeze.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Get a flu shot - it's not too late. Give yourself one less thing to worry about.
- Make sure that the information you rely on is factual and from reliable sources.
- Don't alarm others by making fear-provoking comments or sharing inaccurate information.

WHAT DO I DO IF I THINK I HAVE THE COVID-19 VIRUS?

- FIRST REMEMBER.... Although we continue to learn new things about the virus, your chances of getting it are slim, unless you have traveled internationally to a high-risk area or have been close to someone who is already sick.
- Stay home except to visit your healthcare provider if needed.
- Avoid contact with friends and family, unless you are sick enough that you need assistance.
- Before going to see a healthcare provider, call ahead and tell them your concerns. If your provider thinks you need to be seen, they can appropriately plan ahead and be ready for your arrival. They will likely give you special instructions.

WHERE CAN I GET RELIABLE INFORMATION?

The US Centers for Disease Control and Prevention (CDC): www.cdc.gov

The Arizona Department of Health Services (ADHS): www.azdhs.gov

Coconino County Health and Human Services Department (CCHHS): www.coconino.az.gov

The World Health Organization (WHO): www.who.int

The American College Health Association: www.acha.org