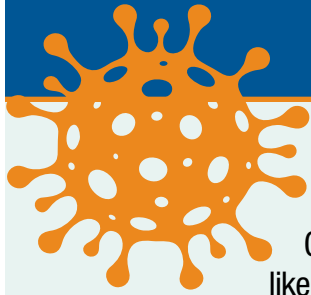


Know the facts about COVID-19



What is COVID-19?

COVID-19 is a new flu and cold like illness that is caused by the novel coronavirus. While most people only experience mild symptoms, some become severely ill and die from the infection. COVID-19 is highly contagious. We have medications that help for those with severe illness but there is no effective treatment.



How does coronavirus spread?

COVID-19 is spread from symptomatic and asymptomatic people primarily through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets infect others through contact with moist surfaces in one's nose, mouth, throat, eyes or lungs. It is believed this most commonly happens when people are near to each other – within six feet. COVID-19 can also be transmitted when one touches an object with virus present and then touches one's own mouth, eyes, or nose.

What are the symptoms and how serious is COVID-19?

When infected with COVID-19 patients can have a wide range of symptoms. Infected persons often experience no symptoms at all or have very mild symptoms resembling a cold or flu. Others experience severe symptoms that require hospitalization, medication and sometimes placement on a ventilator. Most of those who develop severe, life-threatening symptoms are older and have underlying health conditions. There have been cases of children and young otherwise healthy adults who have experienced severe disease and required hospitalization.

Symptoms



Cough



Chills



Fever



Sore throat



Muscle pain



Shortness of breath
or difficulty breathing



New loss of sense
of taste or smell



Who is at risk?

We are all at risk – this virus is easily transmitted from person to person. It has even been shown to be transmitted by individuals with few or no symptoms. We now understand that the elderly, those with chronic health conditions, those living in group care settings, and health care workers are particularly at risk for developing life-threatening illness.



How can I protect myself and others?

Steps you can take include:

- When in public cover your mouth and nose – wear a mask
- Wash your hands frequently
- Stay six feet (two big steps) distant from people outside your household (physical distancing)
- Avoid crowds
- Stay at home and away from others if you are sick
- Clean and disinfect touched surfaces and objects
- If you develop symptoms while at work or out in the public, return home, self-isolate and contact your health provider
- If you know you will sneeze – walk away from others and cover your mouth and nose (tissue or an elbow even when wearing a mask)
- If you are elderly or have underlying medical conditions – stay close to home, avoid close or physical contact with others

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsoha.state.or.us.