

Know the facts about COVID-19



What is COVID-19?

COVID-19 is a flu and cold like illness that is caused by the novel coronavirus.

While most people experience mild symptoms, some become severely ill and die from the infection. COVID-19 is highly contagious. Vaccination is our best tool to prevent hospitalizations and death from COVID-19.

Effective treatments are available by prescription to those who are at high risk of severe disease and have been infected with the virus.



How does coronavirus spread?

An infected individual can spread COVID-19 when they are symptomatic or asymptomatic. COVID-19 is primarily spread 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 by touching one's own eyes, nose, or mouth with hands that have the virus on them.

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.

Children are less likely to become seriously ill with COVID-19 than older populations, however COVID-19 hospitalizations and deaths have been reported in children under 18 in Oregon.

Symptoms



Cough



Chills



Fever



Sore throat



Muscle or
body aches



New loss of
sense of taste
or smell



Shortness
of breath
or difficulty
breathing

Other symptoms of COVID-19 include:

- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Fatigue
- Headache



Who is at risk?

We are all at risk – this virus is easily transmitted from person to person. It is thought that more than half of COVID-19 transmission occurs from individuals who have 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:

- Get vaccinated and stay up to date by receiving booster doses when eligible.
- When at a public indoor or crowded location, wear a well-fitting mask around your mouth and nose.
- Wash your hands frequently.
- If you are at high risk, stay six feet (two big steps) distant from people outside your household (physical distancing).
- If you develop symptoms, stay home and away from others and test yourself for COVID-19.
- 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 at high risk of severe COVID-19, make a plan with your health care provider now for how you will obtain treatment if you become infected with COVID-19.
- Clean and disinfect touched surfaces and objects.

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 COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsosha.state.or.us.