



COVID-19 Glossary

Asymptomatic	Showing no signs of illness.
Centers for Disease Control and Prevention (CDC)	CDC is the nation's public health agency. It is one of the major sections of the United States Department of Health & Human Services . CDC helps set federal guidance and compile national statistics on COVID-19.
Close contact	Spending at least 15 minutes 6 feet or closer to someone who has COVID-19.
Cluster	Two or more cases of COVID-19 that occur in people who were in a certain area at the same time.
Confirmed case	A positive COVID-19 test result.
Congregate setting	A place where a group of unrelated people live together. They share communal spaces, such as dining rooms and bathrooms. Examples include prisons, long-term care facilities, boarding schools, dormitories and co-op housing arrangements.
Contacts	Contacts are people who have been near someone with COVID-19 while that person is contagious. <i>See: contact tracing</i>
Contact tracing	Contact tracing is when public health representatives reach out to people who have been exposed to COVID-19. These representatives are called contact tracers. To help slow the spread of the virus, they provide guidance and support to people who have been exposed. You can learn more about COVID-19 contact tracing here .
Coronaviruses	Coronaviruses are a family of viruses. They cause approximately 15 percent of common colds. However, some members of this family cause more serious diseases, such as: <ul style="list-style-type: none"> • MERS — Middle East respiratory syndrome, caused by MERS-CoV • SARS — severe acute respiratory syndrome, caused by SARS-CoV • COVID-19 — caused by a novel coronavirus named SARS-CoV-2. <p>Some coronaviruses known to exist in animals have not yet been found to infect humans.</p>

COVID-19	COVID-19 is the disease caused by SARS-CoV-2. It has spread to most countries of the world. COVID-19 can be mild or severe and is sometimes fatal.
Droplet spread	Spread of disease by particles of mucus or saliva from the throat, mouth or nose. Droplets spread through sneezing, coughing, singing, talking and hand-to-hand contact.
Emerging infectious disease	A disease that: <ul style="list-style-type: none">• Has appeared recently in a population, or• Has been known for a while, but is increasing in numbers or areas.
Exposed	When a person has been in contact with a person, food, thing or area that puts them at risk of infection.
Infectious disease	A disease caused by a germ, such as a virus, that enters the body, and grows and multiplies there causing symptoms. Most infectious diseases can pass from one person to another.
Incubation period	The time between when a person is exposed to a germ, such as a virus, and when they start showing symptoms.
Isolate and self-isolate	To isolate means to separate people who are ill from those who are not. People who have COVID-19 need to isolate themselves (self-isolate) for 10 days or until their health care provider clears them. Isolation helps slow the spread of disease. You can learn more about self-isolation here .
N95 respirator	A disposable mask that covers the nose and mouth. It must be fit-tested so air cannot get around it. If fitted properly, the mask protects a person from even tiny airborne particles. The N95 label means that under careful tests, it blocks at least 95 percent of very small (0.3 micron) particles.
Outbreak	An increase in the number of people who have a given disease, so there are more cases than expected for that population and time. (Same as epidemic.)
Pandemic	A type of epidemic that spread over a large region, continent, many continents or the entire world.
PCR (polymerase chain reaction) test	A molecular laboratory test used to rapidly replicate millions of DNA or RNA material for analysis.
Person-to-person contact	Contact with an infected person or with their body fluids.

Physical distancing	Physical distancing is also called social distancing. This means keeping 6 feet between you and those who are not in your household. This is one of the best ways to prevent the spread of COVID-19.
Presumptive positive	Someone who has COVID-19 symptoms and had close contact with a confirmed case.
Prevention	Actions to take to avoid being exposed to a disease.
Public health emergency	<p>According to Oregon Revised Statute (ORS) 433.442(4) a “public health emergency” means an occurrence or imminent threat of an illness or health condition that:</p> <p>(a) Is believed to be caused by any of the following:</p> <p>(A) Bioterrorism;</p> <p>(B) The appearance of a novel or previously controlled or eradicated infectious agent or biological toxin that may be highly contagious;</p> <p>(C) An epidemic of communicable disease; or</p> <p>(D) A natural disaster, a chemical attack or accidental chemical release or a nuclear attack or nuclear accident; and</p> <p>(b) Poses a high probability of any of the following harms:</p> <p>(A) A large number of deaths in the affected population;</p> <p>(B) A large number of serious or long-term disabilities in the affected population; or</p> <p>(C) Widespread exposure to an infectious or toxic agent that poses a significant risk of substantial future harm to a large number of persons in the affected population.</p> <p>According to ORS 433.441, upon the occurrence of a public health emergency, the Governor may declare a state of public health emergency as authorized by ORS 433.441 to 433.452 to protect the public health.</p>
Quarantine	Staying home after exposure to COVID-19 or another disease — even if you don’t feel sick. Quarantining helps slow the spread of disease. You can learn more about how to quarantine here .
Reproductive rate (R0) or “R naught”	The average number of secondary infections that may come from one typical case of infection if no one is immune to it. Health experts use this number to measure the potential of a disease to spread.
Screening	A health check made by a health provider to see if a person has a disease.

Shedding	When a germ, such as a virus, can be found in a person’s saliva, mucus, urine or feces, so that it may spread to others.
Social distancing	Social distancing is also called physical distancing. See the definition under physical distancing.
State of emergency	<p>The Governor can declare a state of emergency when an emergency has occurred or is imminent. Governor Kate Brown declared a state of emergency to address the spread of COVID-19. Governor Brown declared a state of emergency to ensure that:</p> <ul style="list-style-type: none"> • The state is fully prepared for COVID-19, and • State and local authorities have the resources needed to respond to COVID-19. <p>Below are Oregon Revised Statutes (ORS) that further explain the state of emergency:</p> <ul style="list-style-type: none"> • Definitions for ORS chapter 401 – ORS 401.025 • Declaration of state of emergency; procedures ORS 401.165 • Actions authorized during state of emergency ORS 401.168 through ORS 401.192
Superspreader	A person who has an infection and transfers that infection to a very large number of people.
Suspected COVID-19 case	When a health care provider determines that the symptoms of a patient might be due to COVID-19.
Symptomatic	Showing signs of illness.
Symptoms	<p>Signs of illness. Common COVID-19 symptoms include:</p> <ul style="list-style-type: none"> • Fever • Chills • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • New loss of sense of taste or smell • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea

Transmission

How a disease spreads from one person to another.

Treatment

The care of a person with a disease. For example:

- Simple things such as giving fluids and oxygen
- Giving medicines, or
- Care in an intensive care unit.

To find out more, go to healthoregon.org/coronavirus or call 211.