

# 2019 Novel Coronavirus (COVID-19)

## WHAT IS COVID-19?

A respiratory virus



## HOW IS IT SPREAD?

- ◆ Coughing
- ◆ Sneezing
- ◆ Touching an object /surface with the virus on it then touching your mouth, nose, or eyes before washing your hands
- ◆ Close personal contact such as touching or shaking hands

## WHAT ARE SYMPTOMS?

Fever  
Cough  
Difficulty breathing  
Mild to severe illness  
Symptoms generally appear 2-14 days after exposure.

## WHAT CAN I DO TO STAY WELL?

- Avoid close contact with people who are sick.
- Stay home if you are sick, except to seek medical care.
- Cover your cough or sneeze with a tissue and discard it in the trash immediately.
- Avoid touching your eyes, nose, and mouth; while it may seem simple, germs often spread this way.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds and use hand sanitizer if soap and water not available.

*Reminder: Healthy people without symptoms do not need to wear masks*

## WHAT IF I HAVE BEEN EXPOSED AND FEEL SICK?

People who have traveled to or from outbreak affected areas or who have had contact with someone who has COVID-19 may have been exposed and should seek medical care if they develop a fever, cough or difficulty breathing within 14 days.

If you have been exposed and feel sick:

- Stay home and avoid contact with others except to seek medical care
- Call your health care provider before visiting them and tell them about your travel and symptoms
- Inform the health department

## WHERE CAN I GET MORE INFORMATION?

Make sure you are getting your information from reliable sources such as the CDC and NC Department of Health and Human Services.

Contact Madison County Health Department at 828-649-3531.

You can also call [1-866-462-3821](tel:1-866-462-3821) for more information or submit questions online at [www.ncpoisoncontrol.org](http://www.ncpoisoncontrol.org) or email [ncresponse@dhhs.nc.gov](mailto:ncresponse@dhhs.nc.gov).

