

# COVID-19 (Coronavirus Disease 2019)



COVID-19 (Coronavirus Disease 2019) is a respiratory illness that can spread from person-to-person. The virus that causes COVID-19 is a new form of coronavirus that was first found in people in December 2019. It can cause severe illness in some people.

## How is it spread?

- ▶ People with COVID-19 can spread it to others when they cough or sneeze. The virus is found in droplets from the throat and nose. When someone coughs or sneezes, other people near them can breathe in those droplets.
- ▶ The virus can also spread when someone touches an object with the virus on it. If that person then uses their hands to touch their face, mouth, or eyes, the virus can make them sick.

## What are the signs and symptoms\*?

- ▶ Cough (new or worsening of chronic cough)
- ▶ Shortness of breath
- ▶ Fever
- ▶ Chills
- ▶ Sore throat
- ▶ Runny nose
- ▶ Muscle ache
- ▶ Headache
- ▶ New loss of taste or smell

*\*Some people may also experience fatigue or have gastrointestinal symptoms such as nausea, vomiting, diarrhea, or abdominal pain.*

**NOTE: Not everyone with COVID-19 has all of these symptoms and some people have no symptoms. You can still spread the virus to others even if you have mild or no symptoms.**

## What should I do if I have symptoms of COVID-19?

- ▶ Contact your doctor and ask to be tested.
- ▶ Stay home and isolate yourself from people and animals in your home.
- ▶ Complete an [online health screening assessment](#), and a licensed health practitioner will contact you.
- ▶ See if a [community testing site](#) is available near you.

See page 2 for  
more information





## What should I do if I was exposed to a person with COVID-19?

- ▶ It can take up to 14 days after being exposed to a person with COVID-19 before symptoms begin. You should stay home, otherwise known as self-quarantine, for those 14 days and monitor yourself for symptoms.
- ▶ Minimize contact (practice social distancing) with other people and animals in your home during your quarantine.
- ▶ If you stay symptom free, you may leave your house during your quarantine, but only to take care of essential errands like getting food or medicine.
- ▶ If you develop symptoms during your quarantine, contact your doctor immediately and ask to be tested.



## How can it be prevented?

### Avoid close contact with others and practice physical distancing.

- ▶ Stay at home as much as possible. Cancel events and avoid groups, gatherings, play dates, and nonessential appointments.
- ▶ Avoid gatherings of 10 or more people.
- ▶ Stay at least 6 feet away from other people, when possible.
- ▶ Stay home when you are sick, except to get medical care.


### Practice good hand hygiene.

- ▶ Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- ▶ Avoid touching your face, eyes, and mouth when in public.

### If you start to feel sick:

- ▶ If you become sick, stay home.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- ▶ Clean frequently touched surfaces and objects daily (for example, tables, countertops, light switches, doorknobs, and cabinet handles). See [CDC's recommendations for household cleaning and disinfection webpage](#).
- ▶ Contact your doctor and ask to be tested.





## Next Steps: close contacts of someone with COVID-19

- Follow these recommendations for **14 days since your last close contact** with someone with COVID-19.
- **Anyone who is a close contact of someone with COVID-19 should get tested.** If you test negative during your quarantine period, you will still need to complete your full 14-day quarantine before it is safe to go back to work or be around others.
- It is important to **self-quarantine** and **self-monitor** to protect yourself, your family, and your community.

## What does it mean to be a “close contact” of someone with COVID-19?



You are a “close contact” if **ANY** of the following situations happened while you spent time with the person with COVID-19 (even if they didn’t have symptoms):

- Had direct physical contact with the person (e.g., hug, kiss, handshake).
- Were within 6 feet of the person for more than 15 minutes.
- Had contact with the person’s respiratory secretions (e.g., coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food or towels or other personal items).
- Stayed overnight for at least one night in a household with the person.

### REMEMBER:

- Someone who is sick with COVID-19 can spread it two days before they show any symptoms.
- Not everyone with COVID-19 will have symptoms, but they may still spread it to others.

# How do I self-quarantine?

- **Stay home as much as possible.**
- **Most people should not go to work if they have to be around other people.** Talk with your employer about working remotely if your employer allows it. Health care workers should contact their employee health for the current policy.
- **Avoid travel.** If travel is absolutely necessary, and you become ill, you may not be able to return home until after you recover. When you get home, you will be asked to continue self-quarantine and self-monitoring for 14 days.
- **Wash your hands often and practice good hygiene.**
- **Go out only if absolutely necessary.** Instead, see if someone can drop off essentials at your house. If you need to go out, limit your travel to essential needs, for example, going to the doctor, getting groceries, or picking up medication. Remember to always wear a cloth face covering.
- **Postpone all non-essential medical appointments until your quarantine is over.** If you have an essential appointment during quarantine, call your doctor about what arrangements can be made.
- **Do not use public transportation, ride-sharing, or taxis.**
- **Wear a face covering when you are around others.** This helps protect others by preventing respiratory droplets from getting into the air.

# How do I self-monitor?

- **Measure your temperature twice a day, once in the morning and once at night.** If you don't have a thermometer, watch for symptoms of fever like feeling hot, chills, or sweats.
- **Watch for cough or difficulty breathing.**
- **Respond to your local health department.** They may ask you for information about how you are feeling. If they do, they will tell you how to provide this information (for example, phone calls, emails, text message) and how often.



## If you develop fever, cough, have difficulty breathing, or any other symptoms of COVID-19\*:



1. **Contact your doctor.** Tell them your symptoms and see if you need medical care or testing. Do not go to your doctor's office without contacting them first.
2. **Stay home unless you need emergency medical attention.** Isolate yourself from others in your home, practice good hand hygiene, sanitize surfaces in your home, and wear a face covering if you need to be around other people. If you need emergency medical attention, call 911 and let them know that you are being monitored for COVID-19.

\*Other COVID-19 symptoms may include sore throat, runny nose, muscle pain, headache, new loss of sense of taste or smell. Some people may also experience fatigue or gastrointestinal symptoms such as nausea, vomiting, diarrhea, or abdominal pain.



# Cleaning and Disinfecting after a confirmed COVID-19 case



It is important to clean and disinfect spaces in order to avoid further spread of Coronavirus (COVID-19). This document can help guide you on what areas to disinfect, what disinfecting products to use, how to disinfect, what protective equipment to wear, and who should disinfect the contaminated areas. The cleaning procedures in this document should reduce any health hazard risk.

## What to Clean:

- **Clean and disinfect high-touch surfaces.** Focus on bathrooms, common areas, and areas where the person with COVID-19 was for extended periods of time. Concentrate on high touch surfaces such as tables, hard-backed chairs, doorknobs, light switches, handles, desks, toilets, and sinks.
- **Janitorial staff should be tasked with cleaning and disinfection.**
- **Wear disposable gloves when cleaning and disinfecting surfaces.** All gloves should be thrown away after each cleaning/disinfection and should not be used for other purposes. Gloves should be changed if torn.
- **Clean hands immediately** after gloves are removed and thrown away.



## How to Clean and Disinfect:

If surfaces are dirty, clean surfaces using a detergent or soap and water before disinfection.

### HARD SURFACES

- For disinfection, clean surfaces using diluted household bleach solutions, alcohol solutions with at least 70% alcohol, or most common EPA-registered household disinfectants.
- Use diluted household bleach solutions. Follow manufacturer's instructions for application and proper ventilation.
- Make sure the product is not expired.
- Never mix household bleach with ammonia or any other cleanser.

### SOFT (POROUS) SURFACES

- Remove visible contamination if present and clean with appropriate cleaners indicated for use on soft surfaces.
- Launder items following the manufacturer's instructions.
- If possible, launder items using the warmest water setting for the items and dry items completely.  
If you cannot launder items, use products EPA-approved for emerging viral pathogens that work for soft surfaces.

## What Products to Use:

- Household bleach will be effective against COVID-19 when properly diluted.

### PREPARE A BLEACH SOLUTION BY MIXING:

- 5 tablespoons (1/3<sup>rd</sup> cup) bleach per gallon of water or 4 teaspoons bleach per quart of water
- Do **NOT** use expired household bleach
- Wipe bleach solution onto the surface and allow the surface to air-dry
- Other EPA-registered household disinfectant products are expected to be effective against COVID-19. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).



## LOOKING FOR MORE INFORMATION?

Visit the [CDC environmental cleaning and disinfection website](#) for updated information.

