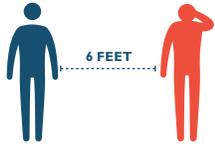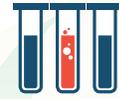# COVID-19

A novel coronavirus has caused an outbreak of respiratory illness that the World Health Organization named COVID-19 in February 2020. The disease has led to millions of cases around the world.

6 FEET

The virus usually spreads from **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from speaking, coughing, or sneezing — even if those people are not exhibiting symptoms.

SYMPTOMS USUALLY DEVELOP WITHIN 5 DAYS OF EXPOSURE TO THE ILLNESS but may take up to 14 days.

Only **DESIGNATED LABORATORY TESTS** can diagnose the virus. An antibody test can show if you were previously infected and if your body has created antibodies in an attempt to defend itself from COVID-19.

SYMPTOMS OF COVID-19 INCLUDE

COUGH

FEVER OR CHILLS

SHORTNESS OF BREATH OR DIFFICULTY BREATHING

NEW LOSS OF TASTE OR SMELL

DIARRHEA

HEADACHE

SORE THROAT

MUSCLE OR BODY ACHES

FATIGUE

NAUSEA OR VOMITING

CONGESTION OR RUNNY NOSE

In rare cases, it can lead to severe respiratory problems, kidney failure or death.
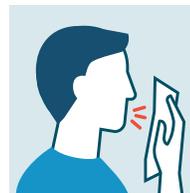
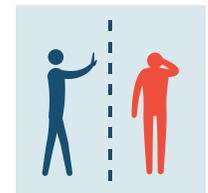## THE BEST WAY TO PROTECT YOURSELF

20 SEC.

Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water aren't available.

Wear a cloth face covering when in public settings such as the grocery store. This helps keep respiratory droplets from traveling in the air.

Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.

Avoid close contact with anybody outside your immediate family. Try and stay 6 feet away from others when outside your home.

If you feel sick, stay home and contact your health care provider.

Avoid touching your eyes, nose or mouth with unwashed hands.

Clean and disinfect surfaces and objects people frequently touch.

If you have one or more symptoms of COVID-19, or had recent contact with someone with one or more symptoms of COVID-19, please tell a nurse, doctor or other health care professional as soon as possible. Contact the provider before you arrive at the provider's office or emergency room and tell them about your symptoms.

For more information, please visit hopkinsmedicine.org/coronavirus.

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M E D I C I N E