

Coronavirus (COVID-19): What you need to know

The coronavirus (COVID-19) is here in our community. It is up to all of us to do our part and stop the spread of COVID-19.

COVID-19 IS SPREAD MAINLY FROM PERSON-TO-PERSON:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, sings, or talks.



Sometimes the virus can spread through airborne transmission when small droplets and particles stay in the air for minutes or hours. This type of spread is less common.

SYMPTOMS MAY INCLUDE:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



These symptoms may appear 2-14 days after you are exposed to COVID-19. Some people never have symptoms.

PEOPLE WHO ARE AT HIGH-RISK FOR SEVERE ILLNESS FROM COVID-19 INCLUDE:

- Older adults. The risk for severe illness from COVID-19 increases with age.
- People of any age with certain medical conditions or disabilities. Check the Centers for Disease Control and Prevention (CDC) [website](#) for the updated list of conditions.



COVID-19 VACCINES

COVID-19 vaccines have been authorized for emergency use. These vaccines are safe and highly effective. There is not enough vaccine supply to vaccinate everyone at the same time. **You should get the [vaccine](#) when it is your turn** and continue to take the steps to protect yourself and others from COVID-19.

DO YOU HAVE A QUESTION ABOUT COVID-19?

Call our COVID-19 Call Center! We have public health professionals available to talk to you in English and Spanish.



TO PROTECT YOURSELF AND OTHERS FROM COVID-19:



- If you feel sick, stay home and isolate yourself from other people in your household. Do not go to work.



- Maintain at least 6 feet of distance from people who are not members of your household.



- Wear a mask (both indoors and outdoors) when around people who do not live with you.



- Clean your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.



- Avoid touching your face with unwashed hands.



- Avoid crowds and large gatherings.



- Cover your coughs and sneezes.

- Clean and disinfect frequently touched surfaces daily.



- **Get the COVID-19 vaccine when it is your turn.** Vaccine supply is limited at first, and priority will go to people at highest risk.

WHAT TO DO IF YOU ARE SICK:

- Stay home except to get medical care. Do not go to work.



- Separate yourself from other people in your home. Try to use a separate bedroom and bathroom from other people in your home.



- Get tested. Contact your healthcare provider or see [Virginia COVID-19 Testing Sites](#).



- Call ahead before visiting your doctor.

- Wear a mask when you are around other people.



- Cover your coughs and sneezes with a tissue. Throw away tissues immediately.



- Clean your hands often. Use soap and water for 20 seconds or hand sanitizer with at least 60% alcohol.



- Avoid sharing personal household items (like dishes, drinking glasses, utensils, towels, or bedding) with other people in your home.



- Clean and disinfect all “high-touch” surfaces everyday (like phones, remote controls, counters, tabletops, doorknobs, and toilets).



- Monitor your symptoms every day.