
Coronavirus Disease 2019 (COVID-19)



What You Need to Know

What is Coronavirus Disease 2019 (COVID-19)?

Coronavirus Disease 2019, or COVID-19, is the disease caused by a new respiratory virus named SARS-CoV-2. COVID-19 was first identified in Wuhan, Hubei Province, China in December 2019.

What are the symptoms of COVID-19?

People diagnosed with COVID-19 have reported mild to severe respiratory illness 2 to 14 days after exposure. Symptoms include:

- fever
- cough
- shortness of breath

How is COVID-19 spread?

The virus is thought to 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 or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes.

Has anyone in the United States gotten infected?

The current case count of COVID-19 in the United States is available at: <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html> The current case count of COVID-19 in Michigan is available at: <https://www.michigan.gov/coronavirus>

Am I at risk for COVID-19 infection?

This is a rapidly evolving situation and the risk assessment may change daily. The latest updates are available on [CDC's Coronavirus Disease 2019 \(COVID-19\) website](#).

Some people that may be at higher risk of getting very sick from this illness includes:

- Older adults
- People who have serious chronic medical conditions
 - Heart disease
 - Diabetes
 - Lung disease

Can I still travel to countries where COVID-19 cases have occurred?

For the most up to date information related to Coronavirus Disease 2019 Travel check out CDC's travel page at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>), there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine or treatments?

There is not a vaccine or specific treatment recommended for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

How can I help protect myself and others?

The best way to prevent infection is to avoid being exposed to the virus. **The simple everyday actions you can take to help prevent the spread of flu and other illnesses can help prevent the spread of coronaviruses.** These include:

- Stay home when sick.
- Washing your hands often with soap and warm water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Covering your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, then wash hands.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Avoiding close contact, sharing cups, or sharing eating utensils.
- Cleaning and disinfecting frequently touched surfaces, such as toys and doorknobs.
- Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Be prepared with the following supplies:
 - Maintain a two-week supply of water and food at home
 - Routinely check your regular prescription drugs to ensure that you won't run out
 - Keep non-prescription drugs and other health supplies on hand
 - Get copies and maintain electronic versions of health records
 - Talk with family members about how they would be cared for if they got sick and what would be needed to care for them in your home
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19.



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