

Distributed by: The City of Middletown Health Department

# What You Need to Know About COVID-19

## Coronavirus



COVID-19 (coronavirus disease 2019) is a respiratory illness caused by a novel (new) coronavirus that can spread from person to person.

The virus is thought to spread mainly 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.



## Symptoms



Fever



Cough



Shortness of breath

Symptoms of COVID-19 include fever, cough, shortness of breath and difficulty breathing. Symptoms typically develop within 2-14 days of being exposed. Most people with COVID-19 will experience mild illness that does not require hospitalization, but some people who are at higher risk for serious illness can develop further medical complications.

## You can help keep others safe.



If you live in or are visiting an area where COVID-19 is reported to be spreading, practicing "social distancing" can help. **Social distancing is deliberately increasing the physical space between people** to avoid spreading illness (at least 6 feet).

Often this means changing our usual behaviors for a time to avoid coming into contact with COVID-19 and potentially spreading it to others—for instance:

- Avoiding large groups of people
- Only going out when and where it's necessary
- Working from home when possible

Steps like these can help to slow the spread of the virus among homes and communities, and protect people who are at higher risk for serious illness, like older people and people with weakened immune systems.

## Stay safe.

To protect yourself from COVID-19, you should follow the same steps that help to prevent other illnesses, like the flu:



**Wash your hands** often with soap and water for at least 20 seconds. If you don't have soap and water, use an alcohol-based hand sanitizer with at least 60% alcohol.



**Cover coughs** and sneezes with your arm or inner elbow – NOT your hands.



**Avoid touching** your eyes, nose and mouth.



**Avoid close contact** with people who are sick.



**Stay home** if you are sick.

## Some people are at a higher risk for COVID-19.

People are more at risk for COVID-19 if they live in or have recently traveled to places where ongoing community spread of the virus has been reported, OR if they have been in close contact with someone diagnosed with COVID-19.

Those who are at higher risk for serious illness from COVID-19 include:

- People who are 60 and older.
- People with underlying health conditions, including heart disease, lung disease or diabetes.
- People with weakened immune systems.
- People who are pregnant.



If you are in one of these categories, come up with a plan with your health care provider to identify your health risks for COVID-19 and how to manage symptoms. Contact your doctor right away if you do have symptoms.

---

## Know what to do if you think you are sick.

### What do I do if I'm feeling sick?

If you are feeling sick and believe you have been exposed to COVID-19, call your health care provider to discuss your symptoms before going in. Your health care provider will determine your next steps for care. In the meantime, you should continue to follow steps that help to prevent the spread of illness and avoid being in contact with other people.

If you don't have a health care provider, call your local health care department to be connected to resources for care.

- For residents of Columbus and Worthington: Columbus Public Health\* – (614) 645-1519
- For residents of Bexley, Canal Winchester, Dublin, Gahanna, Grandview Heights, Grove City, Groveport, Hilliard, New Albany, Pickerington, Reynoldsburg, Upper Arlington and Westerville: Franklin County Public Health – (614) 525-3160

*\*Please note: Columbus Public Health does not ask visitors for citizenship documentation.*

### How do I get tested for COVID-19?

Only a health care provider can evaluate your symptoms for COVID-19 and order a test.

### What do I do if I'm diagnosed with COVID-19?

Your health care provider will give you information on how to treat your symptoms. In addition to following care instructions, you should also self-isolate at this time – do not go to school, work or other places with large groups of people. Isolation separates sick people who are contagious from people who are not sick. During this time you should stay home (in a separate bedroom and ideally with a separate bathroom) except to get medical care, separate yourself from other people and animals in your home, avoid sharing personal items, monitor your symptoms, and call your provider if your illness is worsening or before ending your isolation.

Your family or household members who don't have symptoms should self-quarantine. Quarantine separates people believed to have been exposed to an illness from others who have not been exposed to prevent possible spread. During this time, your family should stay home except to get medical care, separate themselves from you while you isolate, frequently clean all "high-touch" surfaces, monitor themselves for symptoms, and seek medical attention if they develop fever or other respiratory symptoms.

---

## Learn more. Stay Informed.

Learning the facts about COVID-19 can help you stay safe. For the most accurate information and to learn more, visit:

- [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)
- [www.coronavirus.ohio.gov](http://www.coronavirus.ohio.gov)
- [www.columbus.gov/coronavirus](http://www.columbus.gov/coronavirus)
- <https://covid-19.myfcp.org>



3/20/2020