

# UNDERSTANDING 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.



COVID-19 is spread by **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from speaking, coughing or sneezing.



**SYMPTOMS MAY APPEAR 2 TO 14 DAYS AFTER EXPOSURE TO THE VIRUS THAT CAUSES COVID-19.**

A person does not have to have symptoms to spread the virus.

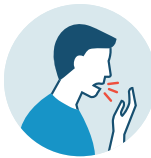


COVID-19 **CAN ONLY BE DIAGNOSED** with a laboratory test.

## SYMPTOMS OF COVID-19 INCLUDE



**HEADACHE**



**COUGH**



**SORE THROAT**



**FEVER OR CHILLS**



**SHORTNESS OF BREATH OR DIFFICULTY BREATHING**



**NEW LOSS OF TASTE OR SMELL**



**DIARRHEA**



**MUSCLE OR BODY ACHEs**

In rare cases, it can lead to severe respiratory problems, kidney failure or death.

## THE BEST WAY TO PROTECT YOURSELF



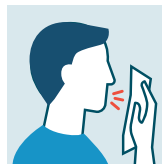
**HAND-WASHING**

Frequently wash your hands with soap and water or use a hand sanitizer with at least 60% alcohol.



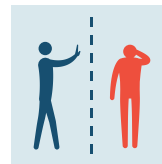
**WEAR A CLOTH FACE MASK**

when in public to help prevent the spread of the virus.



**COUGH OR SNEEZE**

into a tissue or bent elbow. Throw the tissue in the trash.



**PHYSICAL DISTANCING**

Stay 6 feet away from others.



**IF YOU FEEL SICK**

Stay home and call your health care provider.



**DO NOT TOUCH YOUR FACE**

without washing your hands first.



**CLEAN AND DISINFECT**

frequently touched objects and surfaces.

## WHEN TO SEEK MEDICAL ATTENTION



Call 911 if you have an emergency.

If you feel sick, stay home and call your medical provider.

Call your health care provider if you have been near someone with COVID-19.

For more information, please visit [hopkinsmedicine.org/coronavirus](https://hopkinsmedicine.org/coronavirus).



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