

CORONAVIRUS *BRIEF*

COVID-19

This information is for informational purposes only. Local responders should follow the guidance of their own local and state health officials. Responders can find more information from their state office of public health at <https://www.ncbrt.lsu.edu/courses/covid19.php>



About COVID-19



COVID-19 is a highly contagious respiratory illness caused by a novel coronavirus.

2 Ways of Spreading



1 By breathing in the respiratory droplets of an infected person after they cough or sneeze. The virus may* also be able to cling to particles in the air for up to 3 hours.
(*Preliminary studies in ideal lab conditions that do not reflect real world settings.)



2 By touching surfaces with the virus on them, and then touching your mouth, nose, or eyes. The virus can survive between 3 and 72 hours on surfaces.

Take Care of Yourself



Wash your hands, get adequate sleep, healthy food and drink, vitamins, and vaccinations.



Do not work when experiencing symptoms of illness

COVID-19 Symptoms (appear between 2-14 days after exposure)



Fever



Dry Cough



Shortness of Breath



Some may have no symptoms but still be able to give it to others.

COVID-19 Illness

- **Most who contract COVID-19 will experience mild to moderate symptoms, but some may develop severe symptoms** and secondary infections requiring medical treatment. Populations vulnerable to critical illness include people over 65 and those diagnosed with preexisting conditions like heart disease, lung disease, and diabetes.
- Symptoms may be confused with symptoms of flu or cold.
- If you experience these symptoms:
 - self-quarantine for 14 days or until you can be tested for COVID-19.
 - call your healthcare and tell them about your symptoms. They will determine whether you should be tested or not.
 - Do not go to the hospital unless you are experiencing severe symptoms or are directed to by your healthcare provider.
 - Most people will successfully recover from the virus with rest and isolation at home for 14 days.
 - Keep sick people away from vulnerable people and healthcare workers.

When to seek medical attention:

Difficulty breathing

Persistent chest pain or pressure

Altered level of consciousness

Bluish skin from lack of oxygen

Any other severe symptoms