

How does someone catch COVID-19?

COVID-19 is primarily spread through respiratory droplets, which means to become infected, people generally must be within six feet of someone who is contagious and come into contact with these droplets. 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.

What are the symptoms of COVID-19?

Symptoms of COVID-19 appear within 2 to 14 days after exposure and include mild to severe symptoms for some people:

- Fever or reported fever (>100 F)
- Body aches
- Sinus congestions, runny nose, sore throat
- Cough
- Shortness of breath
- Known exposure

Am I at risk?

For the majority of the population, COVID-19 is limited to mild to moderate flu or cold-like symptoms, and the majority of people will recover within 14 days. However, people who are considered high risk are people over 60 years of age; those with heart, liver, kidney or lung disease; people who are immunosuppressed or compromised; pregnant women and infants. People with high risk may have more severe symptoms and outcomes.

When do I go to the Emergency Department?

- Shortness of breath or difficulty breathing
- Uncontrolled fevers
- Chest pain or back pain
- Uncontrollable cough
- Feeling faint or extremely weak

- Difficulty or change in mental status/behavior
- Uncontrolled fever
- Excess vomiting or diarrhea, dehydrated
- Rash
- Severe headaches

I'm sick and at home, what do I need to do?

- Stay home, just like you would if you had the flu. Restrict public exposure.
- Reduce contact and exposure to other household members.
- Rest and take care of yourself.
- Drink fluids (water, juice, limit caffeine, no alcohol) to keep well hydrated.
- If you have a fever, control the fever with Tylenol or ibuprofen as directed over the counter and if you have no restrictions on these medications.
- Avoid second-hand smoke and refrain from smoking.
- Use over-the-counter decongestants as directed, if you have no restrictions on these medications.
- Occasional steam showers are helpful for cough.
- Eat frequent small, healthy meals and snacks to stay nourished.
- Avoid high dairy intake, as this can increase mucous production.
- Sooth your sore throat and cough with hot tea and honey, if not allergic. Steamy showers can also give some relief.

Please contact your primary care provider any time for questions or concerns about symptoms that are getting worse.

We care about you, and we may contact you in the next few days to check in.

Visit the Axis Health System COVID-10 Resources page:

<https://www.axishealthsystem.org/coronavirus-resources>

For more information: www.cdc.gov/COVID19