

# Care Gram

# Coronavirus

## (COVID-19)

### What Is Coronavirus?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can be spread from person to person. The virus that causes COVID-19, SARS-CoV-2, is a novel (new) form of coronavirus that was first identified during an outbreak investigation in Wuhan, China.

### How Is COVID-19 Spread?

- The virus that causes COVID-19 spreads from person to person. The virus is thought to spread mainly between people who are in close contact with one another through respiratory droplets produced when an infected person coughs, sneezes, sings, talks or breathes.
- People are thought to be most contagious when they are most symptomatic (the sickest). However some spread might be possible before people show symptoms.
- It also 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, but this is not thought to be the main way the virus spreads.

You have been exposed to the coronavirus if you have been in close contact with someone who has COVID-19, even if the person does not have symptoms. Close contact occurs when you:

- Are within 6 feet of the infected person for 15 minutes or more
- Are caring for a person who has coronavirus
- Have direct physical contact with an infected person
- Are near an infected person when they cough or sneeze
- Share utensils with an infected person

### What Are the Risk Factors for COVID-19?

Anyone can get COVID-19, but certain people are at a higher risk for developing more severe complications from COVID-19.

- Older adults – with risk increasing by age.
- People with chronic medical conditions – such as heart disease, diabetes, lung disease or cancer.
- Healthcare workers who have close contact with individuals infected with the disease.



**Licking Memorial  
Health Systems**

1320 West Main Street • Newark, Ohio 43055  
(220) 564-4000 • [www.LMHealth.org](http://www.LMHealth.org)

1616-1262  
10/16/2020  
Page 1 of 2

### What Are the Symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms, such as:

- Fever or chills
- Cough
- Shortness of breath
- Muscle or body aches
- New loss of taste or smell
- Headache
- Fatigue
- Congestion or runny nose
- Nausea, vomiting or diarrhea
- Sore throat
- Severe complications including pneumonia, multi-organ failure, and in some cases, death.

### How Do I Protect Myself Against COVID-19?

- Cover your nose and mouth with a mask when around others.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Monitor your health daily.

More information is available at [www.CDC.gov/coronavirus/2019-ncov/index.html](https://www.CDC.gov/coronavirus/2019-ncov/index.html) or call the ODH COVID-19 hotline at 1 (833) 427-5634.

### How Do I Protect Others if I Am Sick?

- Cover your nose and mouth with a mask when around others.
- Stay at home when you are sick.
- Cover your cough or sneeze with a tissue and discard tissue in the trash. Wash your hands for at least 20 seconds after discarding the tissue.
- Clean and disinfect high touch surfaces every day. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.

Steps to help prevent the spread if you have been exposed to COVID-19.

- Stay home except to get medical care:
  - Stay home – People who are mildly ill with COVID-19 are able to isolate at home during their illness.
  - Avoid public areas – Do not go to work, school or public areas.
- Separate yourself from other people and animals in your home:
  - Stay away from others – As much as possible, stay away from other people in your home.
  - Call ahead – If you have an upcoming medical appointment, call the healthcare provider before going to your appointment.
- Wear a facemask if you are sick:
  - If you are sick – Wear a facemask when you are sick and around others.
  - If you are caring for others – The person you are caring for also should wear a facemask while in close contact.