

# HealthyBy Choice

...One Day at a Time

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## Updated Information on COVID-19

COVID-19 is an infectious viral disease caused by the coronavirus. It is possible for people to have and spread the disease and experience no symptoms themselves. Although most people only experience mild symptoms and recover quickly from COVID-19, others experience severe symptoms and many deaths have been caused by the virus around the world.

It is imperative that we each follow the guidelines from our State and National health services to keep ourselves and others safe.

### **The following is from the CDC, June 2020:**

There is currently no vaccine to prevent COVID-19.

### **The best way to prevent illness is to avoid being exposed to this virus.**

The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

### **Two kinds of tests are available for COVID-19: viral tests and antibody tests.**

- A viral test tells you if you have a current infection.
- An antibody test tells you if you had a previous infection.

An antibody test may not be able to show if you have a current infection, because it can take 1-3 weeks after infection to make antibodies. We do not know yet if having antibodies to the virus can protect someone from getting infected with the virus again, or how long that protection might last.

**The Georgia Department of Public Health** has the following recommendations if you suspect you have been exposed to someone who has tested positive for COVID-19:

**Monitor your symptoms for 14 days and, if you can, quarantine for 14 days. If you have no symptoms, get a COVID-19 viral test on the 10th day after exposure. Get a test earlier if any symptoms develop.**

## SYMPTOMS OF COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. The CDC will continue to update this list as we learn more about COVID-19.

(CDC, June 2020)



Stay Aware of Your Health!



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## PROTECT YOURSELF AND OTHERS

### Wash your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

### Avoid close contact

- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
  - Remember that some people without symptoms may be able to spread virus.
  - Stay at least 6 feet (about 2 arms' length) from other people.
  - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

### Cover your mouth and nose with a cloth face cover when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face cover is meant to protect other people in case you are infected.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

### Cover coughs and sneezes

### Monitor your health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Self-quarantine and get tested.

(CDC, June 2020)



*Take recommended precautions...for everyone's sake!*

