

CORONAVIRUS (COVID-19)

We care about you and your loved ones.

We want to make sure all of you are informed about the coronavirus (COVID-19) and prepared to care for the health and safety of yourselves and your loved ones.

dated 3.10.20

Facts about coronavirus

- There are two primary ways COVID 19 is transmitted - touching a surface or object that has the virus on it and then touching your mouth, eyes or nose, or from droplets created by others who cough, sneeze or even talk within 6 feet of you. It can survive on hard surfaces for up to 48 hours.
- The best way to prevent illness is to avoid being exposed to the virus.

Who's at risk?

The risk to the general American public remains low. As of March 2020, the following people have an increased risk of infection:

- People who have (or had) close contact with people diagnosed with coronavirus disease (COVID-19)
- Health care workers who cared for patients diagnosed with COVID-19
- Travelers returning from countries where COVID-19 is widespread
- People who live in places where there is community spread are at a slightly increased risk of exposure. However, in other communities, including Fairfax County, the risk to the general public remains low.

CORONAVIRUS

- Fever
- Cough
- Shortness of breath, or difficulty breathing
- Symptoms appear 2-14 days after exposure

FLU

- Fever
- Chills and sweats
- Cough
- Congestion
- Muscle aches
- Sore throat
- Fatigue and weakness

ALLERGIES

- Sneezing
- Itchy nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes

Misinformation

Please refer to reputable medical sources like the [Centers for Disease Control and Prevention](https://www.cdc.gov) (CDC) or the [World Health Organization](https://www.who.int) for updated, accurate information about coronavirus and necessary precautions.

<https://www.fairfaxcounty.gov/health/novel-coronavirus>

Did you wash your hands?

Stop the spread of germs and be healthy.



WET

Wet hands under warm water.



WASH

Wash hands with soap for 20 seconds.



RINSE

Rinse under warm water.



DRY

Dry hands. Turn off water with paper towel.

Prevention

- If you do get sick, please stay home, rest and take care of yourself. Health officials recommend staying home until at least 24 hours after all symptoms have subsided.
- Wash your hands frequently. Scrub with soap and water for at least 20 seconds.
- Sneeze or cough into the crook of your elbow or a tissue, not your hands. Wash your hands immediately after coughing, sneezing or blowing your nose.
- Avoid touching your face with unwashed hands - especially your mouth, nose and eyes.
- Regularly disinfect frequently touched surfaces including handles, door knobs, work surfaces, sinks, etc.
- Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others, NOT as protection against the virus.
- Use an alcohol-based hand sanitizer with at least 60% alcohol when hand washing is not an option.
- Avoid close contact with someone who is sick.
- Greet others in non-physical or low-contact ways, like elbow bumping.

If sick, call 703-246-2411 for local health department.

<https://www.fairfaxcounty.gov/health/clinics>