

# 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.

## 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>

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## 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>