COVID-19 is a type of coronavirus that causes an infection that has now spread all over the world. There are a lot of kinds of coronaviruses. Most cause the common cold. But other coronaviruses can be more serious. COVID-19 is new and hasn’t been seen in people before. And for some people, it can become serious and dangerous.

As health care and other community services learn more about COVID-19, information can change. It’s a good idea to know what’s happening in your community, schools, and work. Find reliable sources of information that give you facts about new cases and what you can do to prevent spreading the virus.

What is COVID-19?

COVID-19 spreads person-to-person through droplets from coughing and sneezing.

It may also spread by touching something that has the virus on it, such as a doorknob or a tabletop.

Symptoms include:

- Fever
- Cough
- Shortness of breath

People who are very sick are treated in a hospital. Most people only have mild symptoms or even none at all.

Here’s what you can do.

1. Limit where you go in your community.

2. Wash your hands often and well, especially after you cough or sneeze.
   - Use soap and water.
   - Scrub for at least 20 seconds.
   - If soap and water aren’t available, use an alcohol-based hand sanitizer.

3. Stay home and ask people not to visit you.

4. Avoid touching your mouth, nose, and eyes.

5. Stay home if you have symptoms.
   - Call first before seeking care. You can call your doctor, telehealth provider, or nurse help line.
   - If you have symptoms and need to get a test, a swab will be used to take a sample of fluid from your nose or throat.

Even if you don’t feel sick right now, it’s important to protect yourself and others from getting sick and spreading the infection.

Health care worker in protective wear

Two online resources that you can trust:

- The Centers for Disease Control and Prevention (CDC) cdc.gov
- The World Health Organization (WHO) who.int

What can you do if you’re worried?

If you have symptoms, call first before seeking care. You can call your doctor, telehealth provider, or nurse help line.

If you get a test, a swab will be used to take a sample of fluid from your nose or throat.

Even if you don’t feel sick right now, it’s important to protect yourself and others from getting sick and spreading the infection.