

I am worried about coronavirus

How can I protect myself and my family?



Ascension

COVID-19 symptoms: What should I watch for?

Unfortunately, the symptoms are similar to those of colds, influenza and even allergies. Symptoms patients may experience include fever, cough and shortness of breath. Additional symptoms that may be present include headache, sore throat, and a general feeling of being unwell.

What should I do if I think I may have symptoms or have been exposed to the novel coronavirus (COVID-19)?

- **Contact your physician:** Anyone who thinks they may have had contact with someone who is being tested for, or is confirmed to have COVID-19, should call their doctor's office.
- **Call ahead:** To help prevent the spread of disease, people with cold-like symptoms should call ahead before going to a healthcare facility to let the staff know about any symptoms and recent travel or call the 24/7 Ascension COVID-19 hotline at 833-978-0649. Healthcare workers will work with your public health department to see if you need to be tested for COVID-19.
- **Consider online care:** To help prevent the spread of disease and meet the needs of our patients and the communities we serve, Ascension is helping to improve access to care from the comfort of your own home. For online urgent care from your computer or mobile device, Ascension Online Care is available 24/7. Use code HOME for a \$20 visit. Visit [ascension.org/onlinecare](https://www.ascension.org/onlinecare).
- **Medical emergency:** In the case of a medical emergency or if you are experiencing severe symptoms requiring immediate attention, call 911.

How does COVID-19 compare to the influenza virus?

COVID-19 seems to have an increased rate of transmission compared to the flu. For a typical influenza patient, the flu infects about 1.5 other people; for COVID-19, that number is estimated to be 2.5 people. While we have had more than 50 deaths so far in the U.S., and more are expected, influenza has claimed the lives of over 22,000 mostly elderly people this year already.

Do I have COVID-19, the flu or a cold?

Symptoms	COVID-19	Cold	Flu
Sore throat	Sometimes	Common	Common
Cough	Common	Common	Common
Sneezing		Common	Sometimes
Fever	Common		Common
Body aches	Sometimes	Mild	Common
Tiredness	Sometimes	Mild	Common
Headache			Common
Runny/stuffy nose		Common	Sometimes
Nausea			Sometimes
Shortness of breath	In severe cases		

Source: World Health Organization and U.S. Centers for Disease Control and Prevention, via Cleveland Clinic

Please visit the [CDC website](https://www.cdc.gov) for the most recent information on COVID-19



How is COVID-19 infection spread?

According to the Centers for Disease Control and Prevention (CDC), the virus is spread through respiratory droplets when an infected person coughs or sneezes. These respiratory droplets, many microscopic, can travel up to six feet and come in contact with the nose, eyes or mouth of another person. Another possible source of spread is that these droplets land on a surface or object, and are transferred by touch to the nose, eyes or mouth. Individuals who are infected take from 2-14 days before they show symptoms.

Can children get COVID-19?

Yes, but the estimated risk in this age group is much less than the adult population. Also, children tend to have generally milder presentations of this disease. Only about 2 percent of cases worldwide are in children and 97 percent of those cases are mild. There is little known related to what role children play in the transmission of this disease to others.

How long can the virus live on surfaces, and how long can it infect me?

This is somewhat unknown, but estimates vary by the surface type. There is one study published in The New England Journal of Medicine that looked at this issue. The researchers found that the virus could be detected for up to three hours in the air; one day on cardboard; and a few days on plastic and steel. It is unclear how long it would remain able to actually infect someone, even if detected.

The CDC says that there is no evidence that you can get COVID-19 through food. And the risk of getting COVID-19 transmission from packages is very low.

Tips on preventing COVID-19



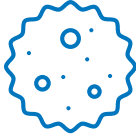
Wash your hands



Avoid public gatherings



Avoid handshakes



Stay away from those who are sick

What is “social distancing” and why is it important?

Social distancing is maintaining an adequate distance (approximately 6 feet) from person to person to prevent the spread of COVID-19.

- Avoid close contact with people who are sick
- Avoid mass gatherings
- Avoid handshakes

[U.S. Centers for Disease Control and Prevention: How to protect yourself](#)

What should I do to prevent the infection?

There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to the virus.

- Clean your hands often.
 - Wash your hands with soap and water for 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.
 - Hand washing is the key. Frequent, thorough and complete handwashing is the single best method to reduce your risk.

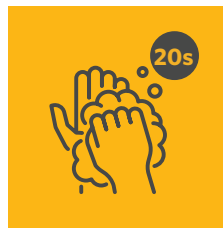
Wash your hands with soap to destroy the COVID-19 virus



Wet



Soap



Wash
for 20 sec.



Rinse



Dry