

COVID-19 FACTSHEET

COVID-19 is a new coronavirus currently causing infections worldwide.

Most coronaviruses cause symptoms like the common cold with cough, congestion, runny nose, sneezing, and a sore throat for a few days.

COVID-19 can also cause a cold with mild symptoms or no symptoms.

Most disease from COVID-19 will be mild.

Children if they get sick tend to have just a bad cold with fever, runny nose, cough, vomiting & diarrhea and typically recover.

Disease is milder in young children (<12 years of age)

Severe disease occurs in adults includes fever, cough, sore throat, trouble breathing and may be worse if you have heart disease, diabetes, high blood pressure, lung disease, or cancer or if you are over 60 years of age.

How to Protect Your Family

Wash your hands with soap & water for 20 seconds (sing ABCs) before and after eating, when returning home, after using the toilet, when soiled etc. Use alcohol rinse frequently when away from home.

Clean high touch areas like phones, light switches, remote controls, keyboards, door handles, table, counter and desktops etc. with bleach-based wipes at least once a day. Let the area dry completely before using again.

Avoid touching your eyes, nose and mouth.

Avoid people who are sick and stay away from crowded areas if possible.

If you are sick, then stay home and cover your mouth and nose when coughing or sneezing. Wash your hands after coughing or sneezing. If you need to seek healthcare call and let them know you are ill before going.