



Jackson County Health Department Coronavirus Disease 2019 (COVID-19)



What is Coronavirus?

Coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals, including camels, cats and bats. It is rare for animal coronaviruses to infect people and then spread between people as with MERS and SARS. Coronavirus causes mild to moderate upper-respiratory tract illnesses, like the common cold.

What is Coronavirus (COVID-19)?

Coronavirus (COVID-19) is a coronavirus identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Reported illnesses have ranged from mild to severe, including illness resulting in death. Older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, seem to be at greater risk of serious illness. The outbreak situation is evolving, stay up to date with CDC's website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

How is Coronavirus (COVID-19) Spread?

Health experts are still learning the details about how this new coronavirus (COVID-19) spreads. Coronaviruses are spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes
- in rare cases, contact with feces

What are the symptoms of Coronavirus (COVID-19)?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

People with these symptoms may have COVID-19.

- Fever or chills

- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Who is at Risk for Coronavirus (COVID-19)?

Travelers to and from certain areas of the world may be at increased risk. If you are traveling, follow the CDC's guidance:

www.cdc.gov/travel.

How is Coronavirus Treated?

There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization. Currently, there are no vaccines available to prevent Coronavirus (COVID-19).

How Can I Protect Myself from Coronavirus (COVID-19)?

Steps you can take to prevent the spread of flu and the common cold will also help prevent coronavirus:

- Keep at least six feet between you and other people (social distance).
- Cover your mouth and nose with a facemask when in public or around other people.
- wash your hands often with soap and water for at least 20 seconds, if not available, use hand sanitizer with at least 60% alcohol
- avoid touching your eyes, nose, or mouth with unwashed hands

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- avoid contact with people who are sick
- stay home while you are sick and avoid close contact with others
- cover your mouth/nose with a tissue or sleeve when coughing or sneezing
- clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe

Additional information located at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

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CDC Public Information

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