



The following information about the coronavirus is based upon current information published by leading governmental health authorities and is being provided for informational purposes only. It is not intended to be medical advice. Always follow the instructions of your doctor and seek medical assistance immediately in the event of an emergency.

What is COVID-19?

- COVID-19 is the disease caused by a new respiratory virus called SARS-COV-2
- This is a new virus, not previously described in humans or animals
- It is similar in many ways to SARS and MERS

What can we do about COVID-19?

- wash your hands
- get a flu shot
- cover coughs and sneezes (tissues or elbow)
- avoid touching your face
- avoid touching other people
- avoid unnecessary social interactions and travel
- stay home when sick

Unhelpful and Potentially Harmful Measures

- buying or otherwise obtaining surgical or N95 masks
- wearing a mask in public (unless you are sick, in which case you should not be in public)
- seeking medical evaluation (including testing) for COVID-19 if you have no symptoms or exposures
- taking zinc, silver, vitamin C, elderberry or any other treatment advertised as a COVID-19 treatment

What should you do if you are sick?

- If you have a fever and cough and think you may have COVID-19, call ahead (to family doctor, health department or hotline)
- Stay home unless you require medical attention (for example, shortness of breath, chest pain and confusion)
- Do not show up unannounced in emergency room, urgent care or other health care setting
- You are much more likely to have flu or another known respiratory virus than COVID-19

For more information:

- CDC <https://www.cdc.gov/coronavirus>
- WHO <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>
- John Hopkins <https://www.jhsph.edu/covid-19>