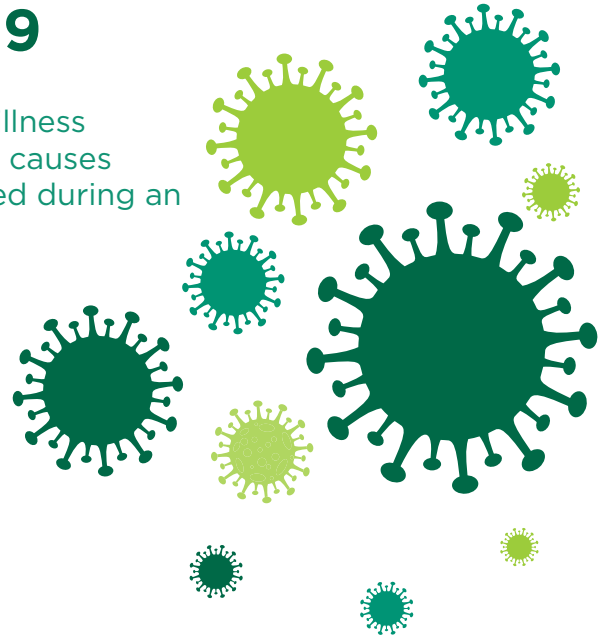# Information About COVID-19

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

1

HOW IT SPREADS

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. Recent studies have suggested COVID-19 may be spread by people who are not showing symptoms.

2

SYMPTOMS AND WHEN TO SEEK MEDICAL ATTENTION

- Temperature higher than 99.5 °F or 38 °C
- Fever
- Cough
- Shortness of breath
- Headache
- Sore throat
- Muscle aches
- Chills
- New loss of smell and taste
- Diarrhea

If you develop any of these emergency warning signs* for COVID-19, please get medical attention immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

* This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

If you have or suspect you may have COVID-19, call your doctor's office, and tell them before going to your appointment.

If you have a medical emergency and need to call 911, notify the operator that you have or think you might have COVID-19, or if you're being monitored for COVID-19. If possible, put on a facemask before medical help arrives.

3

HOW TO GET TESTED BY USF HEALTH

Please call USF Health at (813) 974-2201 and select 0 for exposure, symptoms, results, or follow up needs.

4

### BASICS ON HOW TO PROTECT YOURSELF AND HELP PREVENT SPREAD OF THE VIRUS

People can help protect themselves from respiratory illness with these everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze. If a tissue is not available, cough or sneeze into your elbow, and not your hands.
- Throw away used tissues in a lined trash can.
- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, sneezing, going to the bathroom, before eating, or preparing food.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. Covering all surfaces of your hands and rubbing them together until they feel dry.

USF Health

5

HOW TO PROPERLY WEAR A CLOTH FACE COVERING
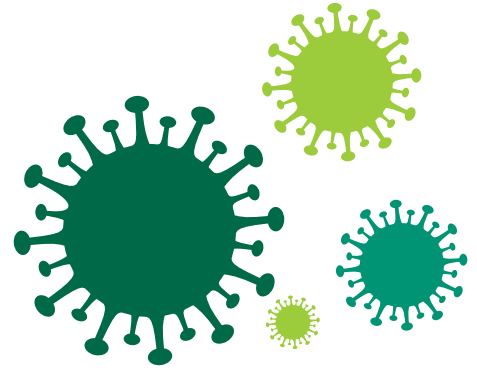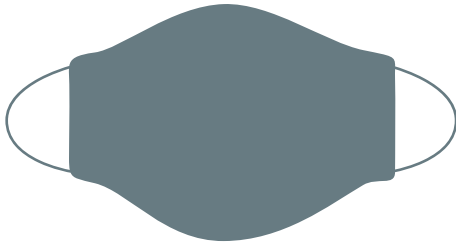
Cloth face coverings should:

- Fit snugly but comfortably against the side of the face.

- Be secured with ties or ear loops.

- Include multiple layers of fabric.

- Allow for breathing without restriction.

- Be able to be laundered and machine dried without damage or change to shape.

- Should **not** be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

How does one safely clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

Refer to CDC on Homemade Cloth Face Coverings.

6

WHEN TO ISOLATE AND FOR HOW LONG

Please click on the links below for guidelines from the Florida Health Department.

- Persons with suspected COVID-19

- Persons with confirmed COVID-19

- Households affected by COVID-19

7

IS THERE A VACCINE?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, such as avoiding close contact with people who are sick, washing your hands often, and practicing social distancing.

8

IS THERE TREATMENT AVAILABLE?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

9

ADDITIONAL RESOURCES FOR INFORMATION

COVID-19 is an evolving global public health issue. Access the latest information from the following organizations:

U.S. Centers for Disease Control and Prevention

World Health Organization

USF Health

USF Health