COVID-19 is a new viral infection that causes respiratory illness in people and can spread from person-to-person. It is commonly spread from an infected person to others through:

- The air by coughing or sneezing
- Close personal contact (within 6 feet for 10 minutes or longer)
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

### SYMPTOMS

![Symptoms Chart]

Symptoms may appear 2–14 days after being exposed to someone with Covid-19 and may cause a range of symptoms.

**Testing and Getting Care:**
- If you have mild symptoms, call your provider.
  - There continues to be a shortage of testing supplies for COVID-19. People with **mild illness** who are not at risk for severe disease do not need testing and do not need to be seen in person by a healthcare provider.

- **Seek immediate medical attention** if you develop severe symptoms such as:
  - Difficulty breathing and shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face
  - There is no treatment for COVID-19 at this time.

**If you need to see your Provider in person:**
- Call ahead to tell your provider that you have symptoms of COVID-19
- If you call 911, inform the dispatcher that you may have COVID-19

**Your healthcare provider may test you if:**
- You have symptoms of COVID-19
- You are hospitalized with severe symptoms, without another cause.
- You are higher risk for severe disease: i.e. 60 years or older, have an underlying medical issue
- You had close contact with someone diagnosed with COVID-19, or traveled to an area known to have a community spread of COVID-19, or if you are involved in a high impact field, such as healthcare.

### CARE AT HOME

**If you have tested positive for COVID-19, or you are awaiting COVID-19 test results, you MUST stay home until told otherwise by a healthcare professional or public health authorities.**

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