

# About the Coronavirus



## THE SPREAD AND SYMPTOMS OF COVID-19

- The virus is spread between people who are in close contact (six feet). It can also spread by touching an infected surface or object
- **SYMPTOMS INCLUDE:** Fever, coughing and shortness of breath



## PRECAUTIONS

- Wash hands often
- Get the flu shot
- Cover face when sneezing or coughing
- Clean frequently touched surfaces and objects
- Avoid contact with sick people
- Stay home if you have flu-like symptoms
- Do not wear masks for prevention



## WHAT TO DO IF YOU GET SICK

If you think you are sick with the Coronavirus, call Clinch Family Practice at 912.470.2273 or contact the Emergency Room at 912.487.5211, Ext. 4544.

1. The Coronavirus (COVID-19) is thought to spread mainly from **person-to-person between people who are in close contact** with one another (within about six feet). Respiratory droplets produced when an infected person coughs or sneezes can land in the mouths or noses of people who are nearby or can be inhaled into the lungs.
2. It may be possible for a person to get COVID-19 by **touching an infected surface or object that has the virus on it** and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
3. **Symptoms are: fever, coughing, shortness of breath.** If you think you're sick with Coronavirus, report to your doctor or ER provider as soon as possible.
4. Can someone spread the virus without being sick?
  - People are thought to be most contagious when they are most symptomatic (the sickest).
  - Some spread might be possible before people show symptoms; but this is not thought to be the main way the virus spreads.
5. General Advice for Prevention and Minimizing the Spread.
  - **Wash your hands often** with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - **Get the flu shot.**
  - **Cover your face with a tissue when sneezing or coughing** and throw used tissues away. If you don't have a tissue, cough into your elbow. Wash your clothes if you've coughed on them.
  - **Clean frequently touched surfaces and objects daily** (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
  - **Avoid contact with sick people** whenever possible.
  - **Stay at home if you have flu-like symptoms.** Don't spread it to schools and workplaces. Choose a room in your home that can be used to separate sick household members from those who are healthy. Be prepared if your child's school or childcare facility is temporarily dismissed.
  - **Do not wear masks as a prevention tool.** They **are** useful for infected persons to not spread the virus.
6. Strategies for Employers and Businesses:
  - Actively encourage sick employees to stay home
  - Inform employees, customers, and visitors of coughing and sneezing etiquette
  - Frequently perform cleaning and disinfecting action in the workplace
  - Advise employees who are traveling about additional precautions

**For further questions, call our Disease Control Director, Lynn Fletcher, at 912.487.5211, Ext. 4500.**