

COVID-19 (2019 Novel Coronavirus)

Information for General Public

Help Prevent the Spread of COVID-19 (2019 Novel Coronavirus).

What is COVID-19?

COVID-19 (2019 Novel Coronavirus) is a viral respiratory illness caused by a coronavirus that has not been found in people before. It can lead to lower respiratory illnesses like pneumonia and bronchitis.

How is COVID-19 spread?

- Close contact with an infected person (within 6 feet of you)
- Through respiratory droplets produced when an infected person coughs or sneezes
- Contact with infected surfaces or objects then touching your mouth, nose, or eyes

Am I at risk?

At this time, most people in the United States have low immediate risk of exposure to the virus.

What are the symptoms?

- Fever
- Cough
- Shortness of breath
- Symptoms may appear 2-14 days after exposure.



Brought to you by
Yakama Nation Tribal Council and
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Prepared by
Urban Indian Health Institute,
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How can I protect myself, my family, and my community?

- 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.
- Use an alcohol-based hand sanitizer with at least 60% alcohol.
- Clean and disinfect frequently touched objects and surfaces using household cleaning supplies.

Currently, there is no vaccine to prevent COVID-19.

What should I do if I think I have COVID-19?

- Call ahead before visiting your doctor – DO NOT go to the clinic or hospital without calling ahead first.
- Monitor your symptoms. Seek prompt medical attention if your illness is worsening.
- Stay home if you are experiencing symptoms except to get medical care.
- Wear a face mask if you have symptoms.
- Cover your coughs and sneezes.
- Separate yourself from other people and animals in your home.
- Avoid sharing personal household items.

If you are concerned you have symptoms of COVID-19, or if you have questions regarding this disease, contact your local health department. [INSERT HEALTH DEPARTMENT OR OTHER CONTACT INFORMATION HERE].

List of local resources

Washington State Department of Health
(206) 418-5500

References

- How COVID-19 Spreads. (2020, February 28). Retrieved March 3, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>
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- Prevention and Treatment. (2020, February 15). Retrieved March 3, 2020 from <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>