

In the community Prevent the Spread

COVID-19 Information and Guidance

COVID-19, also known as coronavirus disease 2019, is a new virus that causes fever, cough, and shortness of breath. **While 80-85% of individuals infected with COVID-19 appear to have mild illness, the virus can cause severe illness including pneumonia in high risk populations like older adults and people who have chronic medical conditions.**

The virus that causes COVID-19 passes from person-to-person through respiratory droplets when an infected individual coughs or sneezes. The virus can also survive for a limited time on commonly touched surfaces. **At this point, there is no vaccine to prevent COVID-19 but you can take steps to help prevent the spread of COVID-19 in your community.**

The symptoms
of COVID-19
include:



Cough



Shortness
of Breath



Stay home when you are ill.

Isolating yourself while you are ill can help prevent the spread of COVID-19 and more common illnesses, like influenza.



Practice social distancing to prevent the likelihood you will come in contact with someone who is ill.



Wash your hands.

Use soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.



Regularly clean and disinfect commonly touched surfaces.

Regularly clean and disinfect commonly touched surfaces like counters, tabletops, doorknobs, bathroom fixtures, phones, toilets, etc. with a diluted bleach solution or use a cleaner with a label that claims it can kill human coronaviruses. Make sure to follow the instructions on the label.



To create a bleach solution, use 1 tablespoon bleach to 4 cups of water. Make fresh daily.

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If you traveled to an area with ongoing COVID-19 transmission or have been in contact with an individual with COVID-19, and develop a fever, shortness of breath and a cough, please contact your medical provider for instructions.

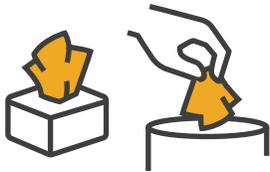
In the community Prevent the Spread

COVID-19 Guidance

Continued from front



Avoid touching your eyes, nose and mouth with unwashed hands.



Cover your cough or sneeze with a tissue then throw the tissue in the trash.

Use your elbow or arm if tissues are not available.



Do not wear face masks unless you are ill or caring for someone who is ill.

The health department does not recommend the general public use masks to prevent the spread of illnesses unless caring for a person that is ill or cleaning up after a person who is ill. Remove your mask and gloves carefully and immediately wash your hands.



Follow travel-related recommendations and restrictions.

You can get updated travel restrictions at www.cdc.gov/travel/notices.

The following websites offer reliable information for COVID-19:

Centers for Disease Control

www.cdc.gov/coronavirus/2019-ncov/index.html

Georgia Department of Public Health

www.dph.georgia.gov/novelcoronavirus

Gwinnett, Newton and Rockdale County Health Departments

www.gnrhealth.com/covid-19-info



For more information visit
www.gnrhealth.com/covid-19-info

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CORONAVIRUS DISEASE 2019 (COVID-19)

COVID-19 is a **respiratory illness** caused by a **new coronavirus** that originated in China. COVID-19 **spreads person to person, anyone can be infected.**

HIGHEST RISK



- ✓ **TRAVELERS** to countries with widespread outbreaks and their close contacts.
- ✓ **OLDER PERSONS (60+)**
- ✓ **PERSONS WITH CHRONIC HEALTH CONDITIONS** such as diabetes, heart disease, HIV...

INCUBATION



**AVERAGE PERIOD:
5 DAYS**

SYMPTOMS

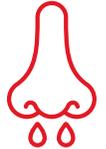
Most cases are **MILD TO MODERATE.**



COUGHING



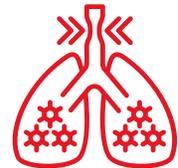
SNEEZING



RUNNY NOSE



FEVER



SHORTNESS OF BREATH

PREVENT THE SPREAD



- ✓ **Wash your hands often** with soap + water.
- ✓ **Avoid touching your eyes, nose + mouth** with unwashed hands.
- ✓ **Cover your cough or sneeze** with a tissue, then **throw the tissue** in the trash.
- ✓ **Avoid close contact** with people **who are sick.**
- ✓ **Get a flu shot!**
- ✓ **Clean + disinfect frequently touched objects and surfaces** such as counters, door knobs, desks, keyboards, tablets and phones.

IF YOU THINK YOU OR A FAMILY MEMBER HAS COVID-19



1 **Call your healthcare provider right away.**



2 **Tell the doctor** about your **recent travel + your symptoms.**



3 Your healthcare provider will tell you how to get care **without exposing others.**



4 **Stay home & avoid contact** with others.

For more information: dph.georgia.gov/novelcoronavirus
cdc.gov/coronavirus/2019-ncov/index.html