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FACTS REGARDING CORONAVIRUS (COVID-19) FOR EMPLOYEES, CLIENTS AND FAMILIES

How Coronavirus (COVID-19) Spreads

When the Coronavirus spreads person-to-person, the Center for Disease Control (CDC) believes it happens mainly through droplets produced when an infected person coughs or sneezes

Symptoms

For confirmed COVID-19 infections, the illness ranges from people being mildly sick to people being severely ill. Symptoms can include:

- Fever
- Cough
- Shortness of breath, difficulty breathing

Symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. If ill with these symptoms, go to a hospital emergency room or call the state health department.

Prevention

There is currently no vaccine to prevent COVID-19 infection. The CDC always recommends these actions to help prevent the spread of the virus, including:

- Wash your hands **often** with soap and water for **at least 20 seconds**. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your cough and sneeze with a tissue, then throw the tissue in the garbage.
- Clean frequently touched objects and surfaces with household cleaners as the virus can continue to live on surfaces.
- Avoid shaking hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.

The CDC does **NOT** recommend wearing a mask if you are well.