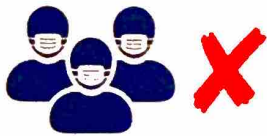
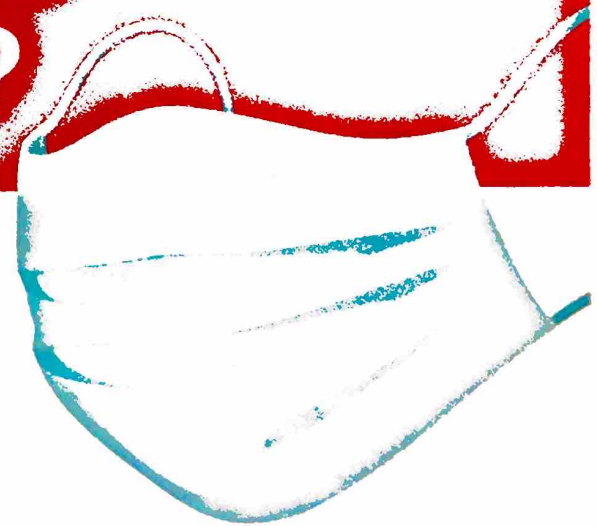


# Should I wear a mask to protect myself from COVID-19?



The CDC is **not currently recommending** facemasks for the general public.



Masks are **only** recommended for **caregivers** of patients with communicable illness and **patients** with a fever or cough.



Surgical masks are designed to provide the wearer protection against **large** droplets, splashes or sprays of bodily or other hazardous fluids.



Surgical masks are loose fitting and don't provide the wearer with a **reliable level of protection** from inhaling smaller airborne particles and are not considered respiratory protection.



Surgical masks are **disposable** and should be discarded after use.

# Coronavirus Disease 2019 (COVID-19)



## What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

## Who is at risk?

The immediate health risk from COVID-19 is considered low at this time for most Americans who are unlikely to be exposed to this virus. Health care workers caring for patients with confirmed cases of COVID-19 or close contacts of patients have an increased risk.

## How does COVID-19 spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:



the air by coughing and sneezing



touching a surface with the virus on it, then touching your mouth, nose, or eyes



close personal contact, such as touching or shaking hands

## What are the symptoms?

People who have been diagnosed with COVID-19 have reported symptoms that may appear in as few as two days or as long as 14 days after exposure to the virus:



Fever



Cough



Difficulty breathing

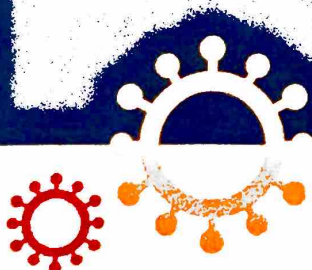


Mild to severe illness

## How can I prevent getting COVID-19?

COVID-19 is a new disease and we continue to learn more about how it is transmitted from person-to-person. The CDC risk assessment will be updated as new information becomes available. Steps you can take to prevent the spread of flu and the common cold will also help prevent coronavirus:

- Wash hands often with soap and water. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.



Rev. 2-21-20

To learn more, visit [www.snhd.info/coronavirus](http://www.snhd.info/coronavirus) or [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

**SNHD**  
Southern Nevada Health District

# Common Human Coronaviruses

Common human coronaviruses, including types 229E, NL63, OC43, and HKU1, usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. Most people get infected with one or more of these viruses at some point in their lives. **This information applies to common human coronaviruses and should not be confused with Coronavirus Disease-2019 (formerly referred to as 2019 Novel Coronavirus).**

## Symptoms of common human coronaviruses

- runny nose
- headache
- cough
- sore throat
- fever
- general feeling of being unwell

Human coronaviruses can sometimes cause lower-respiratory tract illnesses, such as pneumonia or bronchitis. This is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults.

## Transmission of common human coronaviruses

Common human coronaviruses usually spread from an infected person to others through

- the air by coughing and sneezing
- close personal contact, like touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

In the United States, people usually get infected with common human coronaviruses in the fall and winter, but you can get infected at any time of the year. Young children are most likely to get infected, but people can have multiple infections in their lifetime.

## Preventing viral respiratory infections

Protect yourself from getting sick

- wash your hands often with soap and water for at least 20 seconds
- avoid touching your eyes, nose, or mouth with unwashed hands
- avoid close contact with people who are sick

Protect others when you are sick

- stay home while you are sick
- avoid close contact with others
- cover your mouth and nose when coughing or sneezing
- clean and disinfect objects and surfaces

## Treatment for common human coronaviruses

There is no vaccine to protect you against human coronaviruses and there are no specific treatments for illnesses caused by human coronaviruses. Most people with common human coronavirus illness will recover on their own. However, to relieve your symptoms you can:

- take pain and fever medications (Caution: do not give aspirin to children)
- use a room humidifier or take a hot shower to help ease a sore throat and cough
- drink plenty of liquids
- stay home and rest

If you are concerned about your symptoms, contact your healthcare provider.

## Testing for common human coronaviruses

Sometimes, respiratory secretions are tested to figure out which specific germ is causing your symptoms.

- If you are found to be infected with a common coronavirus (229E, NL63, OC43, and HKU1), that does not mean you are infected with the 2019 novel coronavirus.
- There are different tests to determine if you are infected with 2019 novel coronavirus. Your healthcare provider can determine if you should be tested.

## Resources

### Common and other human coronavirus types

<https://www.cdc.gov/coronavirus/types.html>

### CDC's Clean Hands Save Lives!

<https://www.cdc.gov/handwashing>



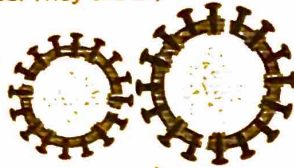
Centers for Disease  
Control and Prevention  
National Center for Immunization  
and Respiratory Diseases

# Coronavirus Disease (COVID-19)



## Q. What are coronaviruses?

**A:** Human coronaviruses were first identified in the mid-1960s. They are a respiratory virus named for the crown-like spikes on their surface. We are currently aware of seven different types of human coronaviruses, four of which are associated with mild to moderate upper-respiratory tract illnesses, like the common cold. Other types of the virus include severe acute respiratory syndrome (SARS), the Middle East Respiratory Syndrome, (MERS) and Coronavirus Disease (COVID-19), which is responsible for the latest outbreak. Although COVID-19 is similar to the other types of coronaviruses, it is unique in many ways and we are still learning more each day.



## Q. How do you get infected with COVID-19?

**A:** COVID-19 is spread by close person-to-person contact from droplets from a cough or sneeze, which can get into your mouth, nose, or lungs. Close contact is defined as being within approximately 6 feet of another person. There aren't many cases in the U.S., so the risk of contracting COVID-19 is low.

## Q. How do I know if I have COVID-19?

**A:** If you were recently exposed to someone with a confirmed case of COVID-19 or have been in a place where an outbreak has occurred within the last two weeks

the following symptoms could indicate you have contracted COVID-19:

- fever;
- cough; or
- shortness of breath.

Unless your symptoms are severe, it is recommended you call your healthcare provider first before entering a healthcare facility. When speaking with a healthcare provider in-person or on the phone, be sure to note your symptoms, travel history, or if you were exposed to a person diagnosed with the virus.

## Q. How severe is this illness?

**A:** The World Health Organization says 80% of people with COVID-19 have a mild form of the illness with cold- or flu-like symptoms. The people most likely to get seriously ill from this virus are people over 60 and/or those with pre-existing health conditions. It is estimated that for every 100 cases of COVID-19, between two and four people would die. This is very different from a coronavirus like SARS, where nearly ten in 100 sick people died from the illness.

## Q. I see people wearing masks, should I be doing that?

**A:** Health officials in the U.S. do not recommend the use of masks among people not showing symptoms of COVID-19. People in places where spread is more likely, may have been instructed to wear masks to prevent infecting others and to possibly prevent getting ill from close contact in crowded places.

## Q. What can I do to prevent getting sick from COVID-19?

**A:** The following tips will help to prevent COVID-19 as well as other respiratory viruses:

- Wash your hands often with 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.
- Don't touch your eyes, nose, or mouth, especially with unwashed hands.
- Avoid close contact with people who are showing symptoms of illness.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneezes with a tissue or sneeze into your elbow. Throw the tissue in the garbage and make sure to clean your hands afterwards.
- Stay home when you are sick.



The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at [apic.org](http://apic.org).

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