

# Coronavirus Disease 2019 (COVID-19): The Basics

Office of Community Health, Equity and Wellness

Updated August 26, 2020



COMMUNITY HEALTH, EQUITY & WELLNESS

# The Basics: Coronavirus Disease 2019

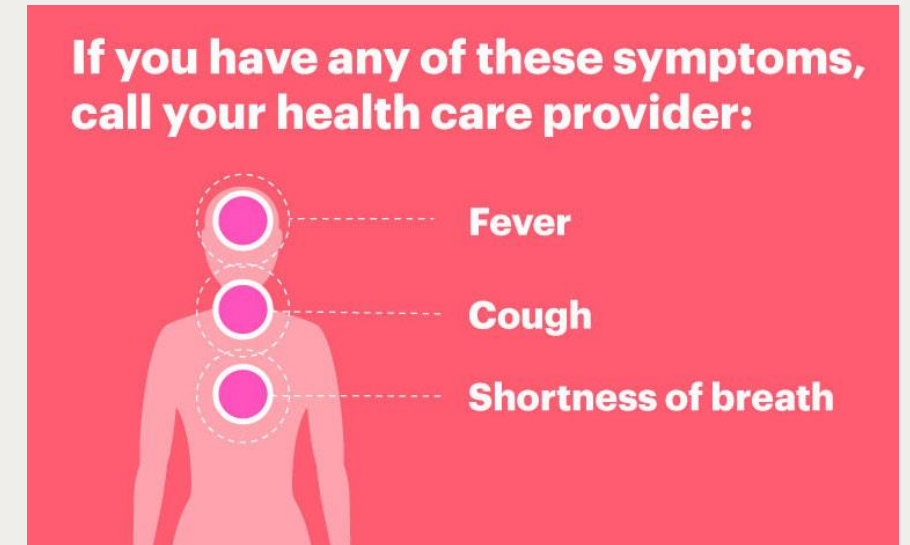
- In 2019, a new type of coronavirus was discovered in Wuhan, China.
- **Coronavirus disease 2019 is the disease caused by the new coronavirus, and is called COVID-19, for short**
- There is currently no known treatment or vaccine for COVID-19, but scientists are working on it
  - Creating a new vaccine takes many months



# What are the signs or symptoms of COVID-19?

- Main symptoms
  - Fever
  - Dry cough
  - Shortness of breath
  - Tiredness
- Other signs may be chills, muscle pain, headache, sore throat, new loss of taste or smell, runny nose or congestion, diarrhea, nausea or vomiting
- **Emergency warning signs:**
  - Severe trouble breathing
  - Pain in chest that doesn't go away
  - Sudden confusion and trouble staying awake or alert
  - Bluish lips loss of color in lips

***If you have any of these signs, get medical care right away.***



# How long does it take to show symptoms of COVID-19?

An **incubation period** is the time between when you get infected with a disease and when you feel symptoms of the disease.

The incubation period of COVID-19 is anywhere from 2-14 days, but **most likely about 5 days.**

# What happens if you get COVID-19?

- Most people will only have mild illness
  - People with mild symptoms can recover from COVID-19 at home taking over-the-counter medications such as Tylenol
- Some people will be sicker and need hospitalization
- If you have emergency warning signs, get medical care right away
- Many people are surviving and recovering from COVID-19



# How does COVID-19 spread?

- The disease spreads **from person to person** when a person with COVID-19 coughs, breathes, or sneezes
- You can also catch COVID-19 **by touching a surface that has the virus on it and then touching your mouth, eyes, or nose**
- It is important to avoid large gatherings, stay 6 feet away from other people and wear a face covering over your nose and mouth to prevent the spread



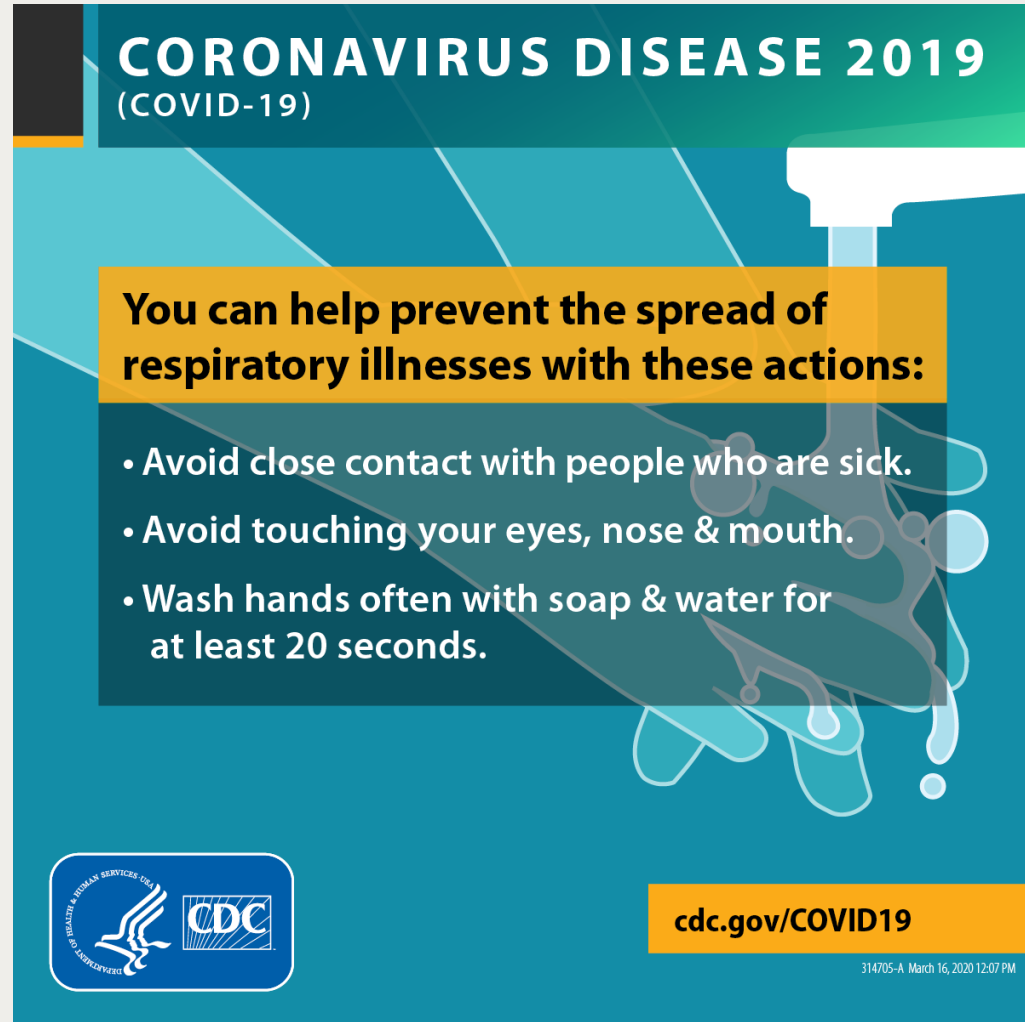
Cough into your elbow or into a tissue to help stop the spread

# Does COVID-19 spread through food?

- Currently, we don't think food can give you COVID-19
- There is very low risk of spread from food products or packaging that are shipped over a period of days or weeks
- However, there is a lower but possible risk of COVID-19 spreading if someone who is infected has breathed or coughed on food products or takeout containers
  - Wash your hands before and after you eat or touch any packages
  - Disinfect food product packages




# How can I protect myself against COVID-19?



**CORONAVIRUS DISEASE 2019**  
(COVID-19)

**You can help prevent the spread of respiratory illnesses with these actions:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Wash hands often with soap & water for at least 20 seconds.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

314705-A March 16, 2020 12:07 PM

- **Stay home whenever possible**
- **Wash hands** often with soap and water for 20 seconds or use an alcohol-based hand sanitizer
- **Maintain 6 feet between yourself and people** who do not live in your house
- Avoid touching eyes, nose and mouth
- Cover your mouth and nose with your elbow or tissue when you cough or sneeze
  - Dispose of used tissue immediately
- Cover your mouth and nose with a cloth when you go outdoors
- Clean and disinfect high-touch surfaces such as light switches, doorknobs, phones, keyboards, countertops, and faucets



COMMUNITY HEALTH, EQUITY & WELLNESS



# Should I be wearing a mask?

- **The CDC recommends covering your mouth and nose with a face mask or cloth when you go outdoors.**
- Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from spreading it to others
- Who should wear: People aged 2+ in public settings
- Who should not wear: Anyone who has trouble breathing or is unable to remove the mask without help.
- **If you don't have a proper face mask, use something you have around the house. This could include:**
  - A scarf
  - A bandana



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

- **Not everyone who gets COVID-19 will need to be hospitalized or tested.**
- **If you think you have COVID-19, stay home. Separate yourself from others.**
  - If you have mild symptoms take Tylenol or other Acetaminophen products, get plenty of rest and drink plenty of water.
  - Cover your coughs and sneezes and disinfect surfaces in your home often.
  - If you have any emergency warning signs, get medical care right away
- **Don't immediately go to an emergency room or doctor's office if you have mild symptoms and are not at high risk.**
- Call your doctor, local health department or the State of Michigan COVID-19 hotline at 1-888-535-6136.



# Who is most at risk due to COVID-19?

These people should be extra careful:

- People 65 years and older
- People of any age with serious underlying medical conditions
- People who live in a nursing home or long-term care facility
  - Due to close living quarters

***If you are at high risk, call your provider as soon as you show symptoms of COVID-19. Get medical help right away if you have severe symptoms.***

## Serious Underlying Medical Conditions

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
  - People undergoing cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI]  $\geq 40$ )
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

