What is coronavirus disease 2019 (COVID-19)?

Coronaviruses are a type of virus (germ) that can cause cold-like symptoms and sometimes serious problems with lungs and breathing. COVID-19 is a new coronavirus discovered this year.

What are the symptoms of COVID-19?

Mild to severe respiratory illness, or problems with lungs and breathing. Symptoms include:

- Fever, cough, and shortness of breath

How does COVID-19 spread?

Person to person by coughing, sneezing, or personal contact like touching or shaking hands. Someone with mild symptoms may spread the disease without knowing they are sick.

Who is most at risk?

Anyone can get COVID-19. Most children do not get very sick. Those at risk of severe illness include:

- Elders and adults over 60 years of age,
- People with heart disease, lung disease, or diabetes.

How can I protect myself and my family?

Stay at home. “Social distancing” is recommended. This means keeping your family at home and away from others who may be sick.

- If you must go out, try to stay 6 feet away from others.
- Avoid gatherings with other people.
- Avoid touching your eyes, nose, and mouth.
- Do not shake hands, hug, or touch others outside of your home.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

Have there been cases of COVID-19 in our state?

Yes, there have been cases in all 50 states.

For more information:

CDC.gov/coronavirus

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