



Jackson County Health Department Coronavirus Disease (COVID-19)



What is Covid-19?

Coronaviruses are a large family of viruses, some causing illness in people and others that circulate among animals, including camels, cats and bats. It is rare for animal coronaviruses to infect people and then spread between people as with MERS and SARS. Coronavirus causes mild to moderate upper-respiratory tract illnesses, like the common cold. Older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, are at greater risk of serious illness, including illness resulting in death. Stay up to date with CDC's website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

How is COVID-19 Spread?

Coronaviruses are spread from an infected person to others through:

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

What are the symptoms of COVID-19?

People with COVID-19 can experience symptoms ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus and may experience any of the following symptoms:

- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

How is Covid-19 Treated?

Most people with mild illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization. The Food and Drug Administration (FDA) has approved medication to treat persons with Covid-19. Medical treatment must be prescribed by a healthcare provider and should be started within the first few days to be effective.

How Can I Protect Myself from COVID-19?

Steps you can take to prevent the spread of flu and the common cold will also help prevent coronavirus:

- Get Vaccinated and stay up to date on your COVID-19 vaccines.
- Keep at least six feet between you and other people (social distance).
- Wash your hands often with soap and water for at least 20 seconds, if not available, use hand sanitizer with at least 60% alcohol.
- 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.
- Test to prevent spread to others: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>
- Avoid crowds and poorly ventilated spaces.
- Wearing a high quality mask helps protect you and others by reducing the chance of spreading Covid-19.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



Additional information located at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

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CDC Public Information

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