



# Jackson County Health Department Coronavirus Disease (COVID-19)



### What is Coronavirus?

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.

### What is Coronavirus (COVID-19)?

Coronavirus (COVID-19) is a coronavirus identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Reported illnesses have ranged from mild to severe, including illness resulting in death. Older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, seem to be at greater risk of serious illness. Stay up to date with CDC's website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

### How is Coronavirus (COVID-19) Spread?

Health experts are still learning the details about how this new coronavirus (COVID-19) spreads. 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
- in rare cases, contact with feces

### What are the symptoms of Coronavirus (COVID-19)?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough

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

This list does not include all possible symptoms. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes are at a higher risk for developing more serious complications from COVID-19 illness.

### Traveling during Covid-19

[www.cdc.gov/travel](http://www.cdc.gov/travel)

#### Make sure to plan ahead:

- Check the current [COVID-19 situation at your destination](#).
- Make sure you understand and follow all travel restrictions, including proper mask wearing, proof of vaccination, testing, or quarantine requirements.
  - For up-to-date information and travel guidance, check the [state, tribal, local and territorial](#) health department's website where you are, along your route, and where you are going.
- If traveling by air, check if your airline requires any testing, vaccination, or other documents.
- Prepare to be flexible during your trip as restrictions and policies may change during your travel.

### How is Coronavirus Treated?

Most people with mild coronavirus 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 issued Emergency Use Authorizations (EUA) for a number



of products to treat patients with COVID-19. Medical treatment for COVID-19 should be prescribed by a healthcare provider. Contact your provider right away after a positive test to determine if you are eligible, even if your symptoms are mild right now. Treatment must be started within the first few days to be effective.

**How Can I Protect Myself from Coronavirus (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).
- Cover your mouth and nose with a facemask when in public or around other people.
- 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.
- 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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[www.mijackson.org](http://www.mijackson.org)

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CDC Public Information

English 1-888-246-2675

Espanol 1-888-246-2857

TTY 1-888-874-2646

