

Coronavirus

COVID-19

HOW DO I PROTECT MYSELF?

The best way to prevent illness is to avoid being exposed to this virus, but everyday preventive actions can help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. The virus is thought to spread between people who are within 6 feet of one another.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.

SHOULD I WEAR A FACE MASK?

The CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19. Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. Patients who visit WVU Medicine facilities may request a mask.

IS THERE A VACCINE?

There is currently no vaccine to prevent COVID-19. It is currently flu and respiratory disease season and CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs and taking flu antivirals if prescribed.

WHAT ARE THE SYMPTOMS OF COVID-19?

- Fever
- Cough
- Shortness of breath

HOW DOES IS SPREAD?

The virus is thought to spread mainly from person-to-person via respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes, but this is not thought to be the main way the virus spreads.

If you're feeling sick, call first before seeking medical care.

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