

Coronavirus COVID-19

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coronavirus.wvu.edu

HOW DO I PROTECT MYSELF?

The best way to prevent illness is to avoid being exposed to this virus. There is currently no vaccine, but preventive actions can help slow the spread, including:

- 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.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are sick.
- Stay home as much as possible.
- Practice physical distancing when in public. Keep at least 6 feet between yourself and others.

HOW CAN I PROTECT OTHERS?

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wear a face covering when in public spaces to reduce droplet spread and face touching.

WHAT ARE THE SYMPTOMS OF COVID-19?

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

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| Fever | Muscle pain |
| Cough | Headache |
| Shortness of breath or difficulty breathing | Sore throat |
| Chills | New loss of taste or smell |
| Repeated shaking with chills | |

SHOULD I WEAR A FACE MASK?

WVU health officials recommend wearing face coverings such as bandanas, scarves or homemade masks while in public spaces. These face coverings may help contain the spread of COVID-19 by reducing droplet spread and face touching. This measure is in addition to maintaining social distancing, frequent hand washing and other preventive actions described above.

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.

CALL AHEAD

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