



Know the Facts

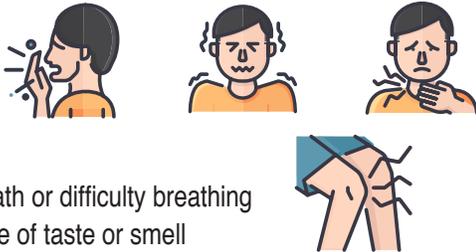
about **Coronavirus**

What is COVID-19? COVID-19 is a respiratory illness caused by a new strain of the coronavirus. Coronaviruses are a family of viruses that can cause mild to severe illness. This new coronavirus has spread in people only since December 2019. Health experts are learning more and more about this new coronavirus and the illnesses it causes. At present there is no treatment for or vaccine to prevent COVID-19.

How does Coronavirus spread? The virus is spread mainly from person-to-person through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby - within about 6 feet. COVID-19 may be spread by people who are not showing symptoms. It is also possible to get infected after touching an object that has the virus on it.

People with COVID-19 have had a wide range of symptoms reported - ranging from mild to severe illness. Stay home and consult with your doctor if you are ill with any of these symptoms:

- Cough
- Chills
- Fever
- Sore Throat
- Muscle Pain
- Shortness of breath or difficulty breathing
- New loss of sense of taste or smell



How severe is COVID-19? Health experts are learning more and more about who becomes sick and the range of illness from coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths from COVID-19 in Oregon have been reported mainly in older adults who had other health conditions. From the beginning of the pandemic, most children with the novel coronavirus had very mild symptoms. More recently, a new illness in children has been reported that causes severe inflammation throughout the body. The children with this illness are very sick and require hospitalization.



Who is at risk for getting the coronavirus?

Anyone who comes into contact with the virus can become infected and may or may not show symptoms - coronaviruses spread easily to adults and children. No group of people is more likely to get or spread the virus. However, we continue to learn about groups at higher risk of becoming severely ill with COVID-19 including: people with chronic health conditions, people living in group care settings, health care and other essential workers.

Older Adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. It is extra important for you to take actions to reduce your risk of getting sick with the disease. Here are steps you can take:

- Stay home if possible.
- Wash your hands often.
- Take everyday precautions to keep space between yourself and others (stay 6 feet away, which is about two arm lengths).
- Keep away from people who are sick.
- Stock up on supplies.
- Clean and disinfect frequently touched services.



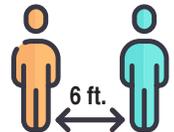
Wear Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores, pharmacies, retail stores, and fitness related organizations.

Cloth face coverings may slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Physical distancing, also called social distancing, means you avoid contact with people, other than those who live with you.

Physical distancing is one of the best ways to slow the spread of COVID-19. It's up to each of us to help stop spread of COVID-19.



Stay home, save lives. The best way to stay healthy and prevent the spread of COVID-19 is to stay home. You must also limit things you do outside your home to what you must do. Examples of things you must do, are shopping for food or picking up medicines.

If you choose to leave your home for essential activities, you should:

- Maintain 6 feet between you and all other people.
- Wash or sanitize your hands after contact with any surface.
- Do not touch your face, except after washing or sanitizing your hands.
- Avoid groups and contact with other people.
- Wear a cloth covering for your nose and mouth to protect others if you can't keep 6 feet apart. Do so, even if you feel well and do not show symptoms of illness.

