

BACKGROUND

Coronaviruses are a large family of viruses, some causing illness in people and others circulating among animals, including camels, cats and bats. The 2019 novel coronavirus (COVID-19) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

Human coronaviruses spread just like the flu or a cold—through the air by coughing or sneezing; through close personal contact, like touching or shaking hands; by touching an object or surface with the viruses on it; and occasionally, through fecal contamination.

WHAT ARE THE SYMPTOMS?

Symptoms of the COVID-19 can include:

- Fever
- Cough
- Shortness of breath
- Diarrhea

The symptoms may appear in as few as two days or as long as 14 days after exposure. Reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying.

WHAT CAN YOU DO TO PREVENT THE SPREAD OF COVID-19?

- **Wash** hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- **Cover** any coughs or sneezes with your elbow, do not use your hands!
- **Clean** surfaces frequently, such as countertops, light switches, cell phones and other frequently touched areas
- **Contain-** if you are sick, stay home until you are feeling better.

WHAT CAN YOU DO IF YOU ARE SICK?

If you are sick with COVID-19 or think you are infected with the virus, stay home. It is essential that you take steps to help prevent the disease from spreading to people in your home and community.

If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as a cough or have difficulty breathing, call your healthcare provider for medical advice.

RESOURCES FOR MORE INFORMATION

For more information, visit <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>

The latest information on the coronavirus in the U.S. and worldwide can be found on the [CDC website](#)

Additional information from the CDC on what to do if you are sick can be found [here](#)

Help is available, contact the Crisis Text Line by texting **PA to 741-741**.