



Coronavirus (COVID-19)

Quick Reference Guide

About Coronavirus	Prevention	Symptoms
<p>What is Coronavirus COVID-19? A respiratory illness that can spread from person-to-person; first detected in Wuhan, China, but has now spread to most countries in the world.</p> <p>What are severe complications? Some patients have pneumonia, multi-organ failure and in some cases death.</p> <p>How does COVID-19 spread?</p> <ul style="list-style-type: none"> • Person-to-person close contact (within 6 feet or 2 meters). • Through respiratory droplets when an infected person coughs. • Possibly by touching infected surfaces and then touching your face (eyes, nose, mouth). <p>Is there a vaccine? No, so far there is no vaccine.</p> <p>Who is at higher risk?</p> <ul style="list-style-type: none"> • Older adults (age 60 and older). • People with medical conditions: <ul style="list-style-type: none"> ○ Heart disease ○ Lung disease ○ Diabetes • People who have been in close contact with a person infected with COVID-19. • People who have recently been in an area with increased risk of exposure; see CDC Travel Advisories. <p>Where can I find reliable info?</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="170 1640 300 1745"></div> <div data-bbox="332 1665 553 1724"><p>World Health Organization (WHO)</p></div> <div data-bbox="170 1766 300 1850"></div> <div data-bbox="332 1766 544 1824"><p>Center for Disease Control (CDC)</p></div> </div>	<p>Clean your hands often</p> <ul style="list-style-type: none"> • Wash your hands often with soap and water for at least 20 seconds. • Use alcohol-based hand sanitizer if soap and water aren't available. • Avoid touching your face (eyes, nose, mouth) with unwashed hands. <p>Avoid close contact with:</p> <ul style="list-style-type: none"> • People who are sick. • People who might have been exposed to COVID-19. <p>Cover coughs and sneezes</p> <ul style="list-style-type: none"> • Cover your cough with a tissue or use the inside of your elbow. <div data-bbox="638 982 1003 1161"> </div> <ul style="list-style-type: none"> • Throw used tissues in the trash. • Immediately wash your hands for at least 20 seconds with soap. <p>Stay home if you're sick</p> <ul style="list-style-type: none"> • Stay at home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation. • Separate yourself from other people and animals in your home. • Wear a facemask if you are sick. • Seek medical care if you show COVID-19 symptoms. <p>Clean surfaces daily</p> <ul style="list-style-type: none"> • Clean and disinfect counters, tabletops, toilets, phones, keyboards, and bedside tables. 	<p>Symptoms appear 2 to 14 days after exposure</p> <div data-bbox="1068 485 1455 762"> <p>FEVER</p> </div> <p>Temperature at or above 100.4° F or 38° C</p> <div data-bbox="1068 863 1455 1150"> <p>COUGH</p> </div> <p>Dry Cough</p> <div data-bbox="1068 1234 1455 1497"> <p>SHORTNESS OF BREATH</p> </div> <p>Shortness of Breath</p> <p>If You Suspect Infection</p> <ul style="list-style-type: none"> • Contact a doctor or healthcare provider immediately. • Stay at home and isolate yourself from others, to prevent further infection.

Hand Washing

Stop the Spread of Disease

Since many diseases are spread by not properly washing hands, it's important to know how to keep hands clean. Washing hands with soap and clean, running water kills the germs that spread disease.



Wet your hands with clean, running water and soap

Using running water and soap disinfects by lifting microbes from skin.



Lather your hands by rubbing them together with the soap

Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds

Washing hands for at least 20 seconds removes more germs from hands than washing for shorter periods.



Rinse your hands well under clean, running water

The dirt, grease, and microbes that are lifted from skin while lathering need to be rinsed from hands. Rinsing the soap away also minimizes skin irritation.



Dry your hands using a clean towel or air dry them

Germs can be transferred more easily to and from wet hands; therefore, hands should be dried after washing.

Protecting the Workplace

Educate and Inform

- Feel free to share and distribute this Quick Reference and its information to your staff, students, or community.
- Have anyone who feels ill or has a low-grade (100.4° F or 38° C) fever go home.
- Have anyone who might have been exposed to COVID-19 go home.
- Display COVID-19 prevention posters and flyers.
- Discourage person-to-person contact, like handshakes, for now.
- Display COVID-19 prevention posters and flyers.

Decide if holding an in-person meeting or event is necessary. Consider:

- Is the meeting or event being held in an area where COVID-19 is circulating?
- Can it be replaced with an online event?
- Can it be scaled down so fewer people attend?

Make sure your workplace is clean and hygienic

- Surfaces (desks and tables) and objects (phones, keyboards) need to be wiped with disinfectant regularly.

COVID-19 Myths

- ❌ **MYTH:** COVID-19 is like the seasonal flu.
- ✅ COVID-19 is a new virus and details are changing, but it appears: COVID-19 currently has a much higher fatality rate than the flu. COVID-19 appears to be more contagious than the flu. COVID-19 has no vaccine; the flu has a vaccine.
- ❌ **MYTH:** Antibiotics can prevent and treat COVID-19.
- ✅ Antibiotics are not effective against COVID-19, which is a virus not bacteria-based.
- ❌ **MYTH:** COVID-19 only affects older people or Asian people.
- ✅ People of all ages and races can be infected by COVID-19; however, older people are more vulnerable.
- ❌ **MYTH:** COVID-19 isn't transmitted in hot / cold climates.
- ✅ COVID-19 can be transmitted in both hot and cold climates.
- ❌ **MYTH:** COVID-19 is lethal in most cases.
- ✅ Most COVID-19 cases are relatively mild, and most people recover.

Helpful Resources

[World Health Organization \(WHO\)](#)

[Center for Disease Control \(CDC\)](#)

[Print Resources \(WHO\)](#)

[Print Resources \(CDC\)](#)

[Videos \(CDC\)](#)

[Travel Resources \(CDC\)](#)

[Getting the Workplace Ready \(WHO\)](#)

“With decisive, early action, we can slow down the virus and prevent infections.”

Dr. Tedros
World Health Organization
Director-General



COVID-19 Frequently Asked Questions

As of March 6, 2020

What is the coronavirus?

The Coronavirus, also known as COVID-19, is an acute viral illness that spreads through respiratory transmission and can be severe in a portion of those affected.

Have there been any cases reported in Florida and if so, how many cases?

As of March 6, 2020, there are confirmed cases in Florida. Please visit the Florida Department of Health website for details: www.floridahealth.gov/diseases-and-conditions/COVID-19/

What are the symptoms?

Symptoms include mild to severe respiratory illness, as well as cough, fever, and difficulty breathing.

Who is at risk?

According to the Centers of Disease Control (CDC), 'for most of the American public, the immediate health risk from COVID-19 is considered low'.

Those with elevated risk of exposure include:

- People in communities where the virus that causes COVID-19 have been reported. However, still relatively low risk of exposure.
- Healthcare workers caring for patients with COVID-19.
- Close contacts of persons with COVID-19.
- Travelers returning from affected [international locations](#) where community spread is occurring.

How can I protect myself?

Currently, we are following the recommendations and guidelines of the Centers for Disease Control and Prevention (CDC):

- Avoid close contact with people who are sick
- Stay home if you are sick
- Avoid touching your eyes, nose, and mouth
- Cover your mouth with a tissue if you cough or sneeze and throwing away the tissue immediately after
- Wash your hands often with soap and water for at least 20 seconds, especially after coughing, before eating, and after eating
- If soap and water are not available, wash your hands with hand sanitizer with 60% - 95% alcohol
- Routinely cleaning items and surfaces that are frequently touched with a household cleaning spray or wipe



What do I do if I think I (or a family member has been exposed)?

According to the Centers of Disease Control (CDC):

- Contact your [county health department](#) (CHD).
- Consult a health-care provider as soon as possible. Call ahead and tell them before you visit that you think you may have COVID-19 so they can take precautions to prevent exposing other people.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- If you have a surgical mask, wear it during close contact with other people. A mask can reduce the number of droplets coughed into the air.
- Remember, very few respiratory infections will be COVID-19.
- Please review your signs, symptoms and travel history thoroughly with your physician.

Is there a vaccine or treatment?

Currently, there is no vaccine or specific treatment.

Should I be tested?

According to the Centers of Disease Control (CDC):

“If you develop a fever and symptoms of respiratory illness, such as cough or shortness of breath, within 14 days after travel from China, you should call ahead to a healthcare provider and mention your recent travel or close contact. If you have had close contact with someone showing these symptoms who has recently traveled from this area, you should call ahead to a healthcare provider and mention your recent travel or close contact. Your healthcare provider will work with the Florida Department of Health and CDC to determine if you need to be tested for COVID-19.”

Where can I get more information?

“The Centers for Disease Control and Prevention and World Health Organization are excellent sources of information about this evolving outbreak. You can access their websites here:

www.cdc.gov/coronavirus/2019-ncov/index.html

www.who.int/westernpacific/emergencies/novel-coronavirus

For Florida specific information, please consult The Florida Department of Health website:

www.floridahealth.gov/diseases-and-conditions/2019-nCoV/

Source: www.floridahealth.gov/diseases-and-conditions/COVID-19/faq.html