Campus COVID Update

Need a refresher on the basics of COVID-19, or the novel coronavirus?

Here's what you need to know to stay safe and healthy, and help keep others safe and healthy, too.

Know about COVID-19:
- Identified in Wuhan, China, in December 2019
- Caused by the virus severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), a new virus in humans causing respiratory illness which can be spread from person to person
- The coronavirus is one of a large family of viruses that can cause illness in animals or humans. In humans there are several known coronaviruses that cause respiratory infections, ranging from the common cold to more severe diseases such as COVID-19.
- Primarily transmitted through respiratory droplets, released when someone with COVID-19 sneezes, coughs, or talks. Infectious droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Symptoms can range from mild (or no symptoms) to severe illness

Know how COVID-19 is spread:
- You can become infected by coming into close contact (about 6 feet) with a person who has COVID-19
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes

Protect yourself and others from COVID-19:
- Stay home as much as possible and avoid close contact with others
- If you must go out, stay at least 6 feet away from others
- Wear a mask that covers your nose and mouth in public settings
- Clean and disinfect frequently touched surfaces
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol

Prevent the spread of COVID-19 if you are sick:
- Stay home if you are sick, except to get medical care
- Avoid public transportation, ride-sharing, or taxis
- Separate yourself from other people and pets in your home
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms
- If you need medical attention, call ahead

Know your risk for severe illness:
- Everyone is at risk of getting COVID-19
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness

Know the symptoms of COVID-19, which can include the following:
- Cough, shortness of breath or difficulty breathing
- Fever or chills • Muscle or body aches
- Vomiting or diarrhea • New loss of taste or smell

Source: cdc.gov/coronavirus

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