

Coronavirus Prevention: In the Hospital and At Home

Beginning in late 2019, countries around the world have been tracking the rapid spread of a new coronavirus called COVID-19, or novel coronavirus. COVID-19 causes respiratory symptoms including fever, cough, and shortness of breath. In severe cases, it can require hospitalization and may cause serious complications like severe acute respiratory syndrome and pneumonia.

There is no vaccine or medication that can prevent or directly treat COVID-19. Instead, the goal is to provide supportive treatment to reduce fever and make patients more comfortable while their bodies fight the disease.

Coronavirus is spread in the community. This means that it can be spread from person to person through contact with infected droplets. A sneeze or cough can send tiny droplets up to 3–6 feet away, meaning it's possible to catch the virus from a droplet you can't see with the naked eye.



Coronavirus is also thought to live on hard surfaces for up to a few hours, or up to a few days, depending on the surface.

Once infected with the COVID-19 virus, symptoms may appear in 2–14 days. People infected with coronavirus should not go into public or expose non-infected people to the virus. If you have to travel, like to get medical help for example, the CDC recommends wearing a face mask if possible.



If you have been in an area where coronavirus has been found, or have had contact with someone with COVID-19, you can take steps to protect yourself. These precautions not only work against coronavirus, but will help reduce the risk of any infection.

Wash Your Hands Often

- Use soap and water
- Wash for at least 20 seconds. Sing the ABC's while you do it!
- Make sure you scrub between your fingers
- Always wash your hands after:
 - Using the bathroom
 - Being in a public place
 - Before you eat
- If you don't have access to soap, use an alcohol-based hand sanitizer that is at least 60% alcohol based.

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Sneeze into Your Elbow

- This can help prevent germs from going into the air and onto your hands.
- Stay at least 6 feet away from anyone who is coughing or sneezing.

Cough into A Tissue

- Then throw the tissue in the trash and wash your hands

Avoid Touching Your Face

- Don't pick your nose
- Don't touch your mouth
- Don't rub your eyes

These are all places where germs can enter your body!

Other Tips

- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched objects and surfaces using household cleaning sprays or wipes.
- Please, stay home when you are sick!

Sources

1. CDC: <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>
2. CDC Video: <https://www.facebook.com/CDC/videos/829750400877436/>
3. National Institutes of Health: <https://www.nih.gov/health-information/coronavirus>
4. World Health Organization: <https://www.who.int/health-topics/coronavirus>
5. World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>.