What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- Fever
- Cough
- Shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

What should I do if I feel sick?

- Practice good hygiene.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing, and immediately dispose of the tissue.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Clean your hands by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains at least 60% alcohol immediately after coughing or sneezing, or blowing your nose. Soap and water should be used if hands are visibly dirty.

Monitor your symptoms closely. Take your temperature daily

Stay home from school and work until at least 72 hours after your fever ends, without the use of fever-reducing medications. If you must go out of the house or be around others, wear a mask and avoid close contact.

Take care of yourself, Rest as much as possible.

Drink lots of fluids.

If you develop symptoms of (COVID-19) infections such as a fever, cough or shortness of breath within 14 days of your return from personal or official travel to a country with a Level 3 Travel Health Notice (due to the Novel Coronavirus) OR have been in close contact with someone who has confirmed COVID-19, please take the steps listed below.

Close contact is defined as being within approximately 6 feet (2 meters) of a person with confirmed COVID-19 for a prolonged period of time, or having direct contact with infectious secretions of a COVID-19 cases (e.g., being coughed on) without wearing personal protective equipment.

First: Call your health provider in advance. Please do not show up at a clinic, urgent care or other health facility without calling first. Your provider will need to take special measures to protect other people in the clinic.

- Students may contact Student Health Services/Infirmary @ 870-575-7106

How should I clean and disinfect communal spaces?

The U.S. Centers for Disease and Prevention (CDC) recommends cleaning and disinfecting frequently touched surfaces (e.g., door knobs, tables, computer keyboards, handrails, exercise rooms, touch screens, coffee pots, and refrigerator handles, etc.).

Department should use a disinfectant on the U.S. Environmental Protection Agency’s list of Antimicrobial Products for Use against Novel Coronavirus.

Wear disposable gloves (e.g. nitrile or latex) when cleaning and disinfecting surfaces. Disposable gloves are single-use and should be discarded after each cleaning.

If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, and trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your
illness. While sick, avoid contact with people, don’t go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infections is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/COVID19