



COVID-19 | JUST THE FACTS

What is coronavirus disease?

COVID-19 is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. It is a new strain that was not previously seen in humans. COVID-19 is its formal name.

How is it spread?

- Through droplets from coughing and sneezing.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

What are the symptoms?

Illnesses can be mild, or in some cases be severe enough to require hospitalization. Symptoms of this respiratory illness can include • Fever • Cough • Shortness of breath • Bluish lips or face • New confusion. Severe complications can include pneumonia in both lungs, multi-organ failure and in some cases death. For more symptoms go here: <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>.

Who is at greater risk of getting COVID-19?

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in a geographic area with ongoing spread are at an increased risk of exposure. Those at greater risk of having severe symptoms, including death are:

- Older adults (anyone over the age of 60)
- People who have chronic medical conditions like:
 - Heart disease
 - Diabetes
 - Lung disease

If you are at greater risk of getting very sick from COVID-19, you should:

- Wash your hands often or use hand sanitizer when you can't wash your hands.
- Take everyday precautions to keep space between yourself and others and avoid shaking hands.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds as much as possible.
- Avoid cruise travel and non-essential air travel.
- During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.
- Stock up on essential supplies, including medications.

How Is Coronavirus related to smoking and vaping?

When someone's lungs are exposed to the flu or other infections, the negative effects of smoking or vaping are much more serious than among people who do not smoke or vape. Because exposure to tobacco and tobacco products impairs the body's ability to fight off infection, people should stop smoking, vaping and avoid secondhand exposure as much as possible.

What should I do if I think I have COVID-19?

Seek medical advice if you • Develop symptoms AND • Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

What can I do to protect myself?

Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, going to the bathroom and before eating or preparing food. • Avoid touching your eyes, nose, and mouth with unwashed hands. • Stay home when you are sick. • Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

⇒ To get the most up-to-date information about cases in Arkansas go to www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus

⇒ ADH has activated a call center to answer questions about Covid-19. That number is **1-800-803-7847**. After normal business hours, urgent calls needing immediate response, please call 501-661-2136.

I HEARD THAT...

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.



**X
NO**

Is COVID-19 more common in certain race or ethnicity groups?

Respiratory illnesses can make anyone sick regardless of their race or ethnicity. People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**X
NO**

Are African Americans immune from COVID-19?

African Americans are not immune from contracting COVID-19. While African Americans' distrust of the health care system is widely reported in many studies, the potential to contract this new virus is real. Misinformation such as this could have deadly implications and should not be spread.

**X
NO**

Is COVID-19 found in areas with hot and humid climates?

From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

**X
NO**

Will spraying alcohol or chlorine all over your body kill COVID-19?

Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth).

**X
NO**

Was the virus made in a lab?

No evidence suggests that the virus is man-made. Occasionally, a disease outbreak happens when a virus that is common in an animal such as a pig, bat or bird undergoes changes and passes to humans. This is likely how the new coronavirus came to be.

**X
NO**

Will a face mask protect me from contracting COVID-19?

There is no need to wear a face mask if you are not sick. Face masks are recommended for people who have a respiratory infection to block droplets from spreading when they cough or sneeze. Certain models of professional, tight-fitting respirators (such as the N95) can protect health care workers as they care for infected patients.

**X
NO**

Is there a cure for COVID-19?

There is no cure for COVID-19. Treatment for the virus right now involves addressing the symptoms, including lots of rest and taking medicine for fever. Health officials have said any vaccine for COVID-19 could be over a year away.

**X
NO**

Is COVID-19 the same as the flu?

While Coronavirus and influenza virus are similar, they are from different families of viruses. Both COVID-19 and the common flu are viral infections. Neither is a bacterial infection, so they can't be treated with antibiotics.

**X
NO**

Will the flu shot prevent me from getting COVID-19?

No, the flu shot won't protect you from the virus that causes COVID-19. Contracting the flu can make you more susceptible to other illnesses, including COVID-19, so getting a flu shot is still recommended.

RESOURCES:

- ⇒ Any Little Rock area students, regardless of where they are enrolled, will be able to pick up a lunch between 10:30 a.m. and 12:30 p.m. at most LRSD schools. Go to LittleRock.gov/covid19 or lrsd.org to find the nearest school providing meals.
- ⇒ If you are a college student attending a school that has been closed due to COVID-19 and need assistance finding temporary housing, contact Metropolitan Housing Alliance at 501-340-4821.