

# COVID-19

A new coronavirus, first identified in China in December 2019, has caused an outbreak of respiratory illness that the World Health Organization named COVID-19 in February 2020.



The virus usually spreads from **CLOSE PERSON-TO-PERSON CONTACT** through respiratory droplets from coughing and sneezing.



The virus may also spread **THROUGH AIRBORNE TRANSMISSION**, when tiny droplets remain in the air even after the ill person leaves the area.



**SYMPTOMS MAY DEVELOP WITHIN 14 DAYS OF EXPOSURE** to the illness.



Only **DESIGNATED LABORATORY TESTS** can diagnose the virus.

## SYMPTOMS OF COVID-19 INCLUDE:



**COUGH**



**FEVER**



**SHORTNESS OF BREATH**

In rare cases, it can lead to severe respiratory problems, kidney failure or death.

## THE BEST WAY TO PROTECT YOURSELF



Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.



Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.



Avoid touching your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick, sneezing or coughing.



Stay home when you are sick.



Clean and disinfect surfaces and objects people frequently touch.



Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.



If you have traveled outside the U.S. in the past 21 days, have a fever, cough or shortness of breath, or had recent contact with someone with fever, cough or shortness of breath, please tell a nurse, doctor or other health care professional as soon as possible. Call before you arrive at the doctor's office or emergency room and tell them about your symptoms.

For more information, please visit [hopkinsmedicine.org/coronavirus](https://hopkinsmedicine.org/coronavirus).



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