

# **COVID – 19 Fact Sheet**

## **How the virus spreads**

This is a new disease and we are still learning how it spreads. It is thought to spread mainly from person to person.

- Between people who are in close contact with one another (less than 6 feet)
- through respiratory droplets produced when an infected person coughs or sneezes

It is possible that you can get the virus by touching the surface of an object that has the virus on it and then touch your mouth, nose, or possibly eyes. However, this is not the main form of transmission.

## **Symptoms**

Symptoms can range from mild to severe illness. The most common symptoms are fever and/or cough or shortness of breath. Symptoms can develop as soon as 2 days or as long as 7 days after exposure to the virus.

Approximately 85% of patients recover from the infection or experience an illness that is similar to the common cold or influenza. Approximately 15% of patients will require hospitalization and some of those may become critically ill.

## **Diagnosis**

Diagnostic testing involves nasal and/or oral swabs that are sent to either the local health department or regional laboratories for testing. It is hoped that in the future testing will become more widely available.

## **Treatment**

There is no specific treatment for Covid-19. Patients are urged to stay at home if they have a mild illness and drink plenty of fluids, rest, and take medication for muscle aches and fever. Patients are discouraged from going to their outpatient clinics since the clinics are not equipped to contain the virus. If you believe you have coronavirus you are encouraged to call your physician and receive further instructions.

## **Seeking medical care**

If you believe you have coronavirus you should call your doctor to discuss your symptoms and whether or not you should visit a Prompt/Urgent care facility for testing. Before visiting any Urgent Care clinic you should call the Urgent Care clinic first. Both GW and Medstar Urgent Care clinics are testing for Covid-19.

## **Preventive measures**

The best way to prevent the illness from spreading is to follow the following recommendations:

- wash your hands often with soap and water for 20 seconds or use hand sanitizer
- do not touch your mouth, nose, or eyes, especially with unwashed hands
- stay at home if you are sick
- cover your mouth and nose with a tissue or the elbow of your arm when coughing or sneezing. DO NOT cough or sneeze into your hands
- regularly clean and disinfect objects such as smart phones, laptops or keyboards

**For further information please visit [CDC.gov](https://www.cdc.gov)**