



CORONAVIRUS DISEASE 2019 (COVID -19) INFORMATION SHEET

What you need to know

The Colorado Department of Public Health & Environment (CDPHE) is currently reporting that:

- The risk to most people is low at this time. People are at much greater risk of getting the flu than the COVID-19.
- There are many different kinds of coronaviruses and not all of these are the kind that cause COVID-19. Coronavirus Disease (COVID-19) is a type of virus that ranges from the common cold to more a serious respiratory disease.
- If you are displaying symptoms and have a recent travel history to China, you should contact a health care provider, urgent care, or hospital for instructions before going to a clinic or emergency room in person.

How is it spread?

- Through coughing and sneezing.
- Close personal contact, such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.

**Because Coronavirus Disease 2019 (COVID-19) is new, we are learning more each day about the transmission patterns and incubation periods.

What are the symptoms?

- Fever
- Cough
- Shortness of breath
- Severe illness

How to protect yourself from Coronavirus COVID-19 and other respiratory viruses (sourced from the CDC and CDPHE web sites).

If you are healthy:

- Continue your normal daily routine. This means that you can continue to participate in public gatherings such as work, school, or social activities.
- Get your flu shot and stay up to date on other routine childhood and adult immunizations.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails, etc.

If you are sick:

- Stay home.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with anyone else with cold or flu-like symptoms.
- Get your flu shot and stay up to date on other routine childhood and adult immunizations. It's not too late!
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails, etc.

How many seconds does it take to wash your hands well?

Experts say that it takes about **20 seconds** for the most effective handwashing, which is about one round of the “ABCs song”. Follow these five, easy steps every time:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

For more handwashing tips, watch these videos on the CDC website:

<https://www.cdc.gov/handwashing/videos.html>



Information sourced from the following web sites:

Center for Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Colorado Department of Public Health & Environment (CDPHE)

<https://www.colorado.gov/pacific/cdphe/2019-novel-coronavirus>

Denver Public Health

<http://www.denverpublichealth.org/>

If you have general questions about Coronavirus Disease 2019, please call CO-Help at 303-389-1687 or 1-877462-2911 or email COHELP@RMPDC.org. Answers are available in English, Spanish, Mandarin, and more.