COVID-19

GIATROS HEALTH

There are many types of human coronaviruses. Some commonly cause mild upper-respiratory tract illnesses. COVID-19 is a new disease. It is caused by a novel (or new) coronavirus that has not been seen before. The name of this disease is coronavirus disease 2019.

The virus that causes it mostly spreads between people who are in close contact. This is within about 6 feet. It spreads through respiratory droplets or small particles. These are produced when an infected person coughs, sneezes, sings, talks, or breathes. These particles can be inhaled and cause infection. This is thought to be the main way the virus spreads.

Droplets can also land on surfaces and objects and be transferred by touch. A person may get it by touching the surface or object that has the virus on it. Then, by touching their own mouth, nose, or eyes. Spread from touching surfaces is not thought to be the main way the virus spreads.

Three Important Ways to Slow the Spread

1. Wear a mask to protect yourself and others and stop the spread.

2. Stay at least 6 feet from others who don't live with you.

3. Wash your hands with soap and water for 20 seconds. You can use hand sanitizer with at least 60% alcohol.

Symtoms

There have been a wide range of symptoms reported. These range from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. These can be:

- Fever or chills
- Cough
- Fatigue
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Testing

Two kinds of tests are available. There are viral tests and antibody tests. A viral test tells you if you have a current infection. An antibody test might tell you if you had a past infection. Not everyone needs to be tested. If you do get tested, you should isolate at home pending test results. Always follow the advice of your health care provider.

If you test positive, take protective steps to prevent others from getting sick. Stay home. Get plenty of rest. Stay hydrated. Stay from others as much as possible. Stay in touch with your health care provider.

If you test negative, you were likely not infected at the time of the test. Continue to take steps to protect yourself.