

Coronavirus Disease 2019 (COVID-19)

What You Need to Know

This information is changing quickly. Stay up to date with the latest information at:

Centers for Disease Control (CDC) bit.ly/cdcccoronavirusinfo

Arizona Department of Health Services (ADHS) bit.ly/adhscoronavirus

RISP Net <http://www.rispnet.com/medical/>



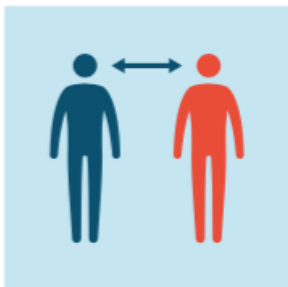
**Coronavirus is spreading in Arizona.
Everyone must take steps to protect others and
themselves.**

What is COVID-19?

Coronavirus disease 2019, or COVID-19, is a respiratory illness that spreads from person to person. The virus that causes COVID-19 was first identified in Wuhan, China in December 2019. People from China and those with Chinese ancestry are **NOT** more susceptible to this disease than other people. Any person, regardless of culture or nationality, can get sick with COVID-19.



How does COVID-19 spread?



The virus spreads mainly from person-to-person in close contact, through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. The virus can also spread through contaminated surfaces and touching the face and mouth with unwashed hands.

What are the symptoms?

COVID-19 symptoms range from mild to severe and include

Fever



Cough



Difficulty breathing

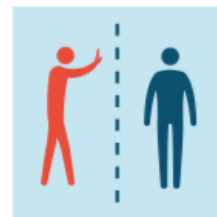


Who can get sick with COVID-19?

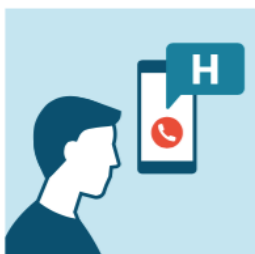
Anyone can get COVID-19, but not everyone has symptoms. Many people with COVID-19 only have mild symptoms and can rest and recover at home. Some people get very sick and need hospitalization. Any age person can get sick, however, **people older than 60 years old and people with medical conditions like diabetes, heart disease, cancer and respiratory illnesses are at higher risk for severe illness from COVID-19.** Complications from COVID-19 can include serious conditions like pneumonia or kidney failure, and in some cases, death.

How can I protect others and myself?

- Wash your hands often with soap and water for at least 20 seconds – especially after using the bathroom or blowing your nose, and before eating.
- Cover your cough or sneeze into your elbow or a tissue.
- Don't touch your eyes, nose or mouth with unwashed hands.
- Stay away from people who are sick.
- Clean and disinfect objects and surfaces regularly.
- Follow instructions from your doctor and state health agencies.
- Do your part to slow down the spread. Many businesses will be closed. Stay home as much as possible even if you are well, and especially if you are sick.



Where can I go for help?



If you think you have COVID-19, call your doctor before going to the clinic or hospital. If you do not have a doctor, call your nearest urgent care. **If you tested positive for COVID-19 and your doctor told you to recover at home,** try to isolate yourself from the rest of your family in your home and use a separate bathroom if possible. Do not touch anyone. Wash your hands often. Don't leave your house until your doctor says you can unless it's to seek medical care if your symptoms worsen.