



# TAKE TWO HEALTH

**SAFE  
ZONE**

**Where Your Doctor Works for YOU!**

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## **CORONAVIRUS (COVID-19) BASICS**

- COVID-19 Coronavirus is causing severe respiratory illness worldwide
- Rapidly spreading - assume ALL respiratory infections are CoronaVirus
- Typically starts as a dry cough & fever - less likely to have congestion
- It's also Flu & Allergy season, so don't panic, but do STAY HOME
- Exposed people may feel fine but still be contagious
- 80% who catch it will recover fine, but up to 20% can be critical (hospital/ICU)
- Spreads mostly by TOUCH: Surface ⇒ Hand ⇒ Face
- Highest Risk:
  - Over 60 years of age, or ANY chronic disease/immunocompromise
  - heart disease (including high BP even if controlled on meds)
  - chronic lung conditions
- BEST protection is to minimize risk of exposure:
  - stay at home, avoid direct contact with others
  - "social distancing" - stay at least 6ft away
  - get essentials delivered, rather than going out, whenever possible
  - if you do go out, drop off supplies to your vulnerable friends/neighbors
  - save first hour of business at groceries, pharmacies for high risk folks
  - stay socially connected by phone, online, etc
  - wash your hands often: soap & water, 20-30 seconds
  - hand sanitizer when soap & water not available
  - don't touch your own face
  - Reserve masks/gloves ONLY for medical/1st responder & high risk folks
  - a scarf or bandana won't block all germs, but stops face-touching
- High Risk people should CALL their physician with ANY fever or cough
- Testing exists but is not yet widely available
- If you've been near anyone sick, STAY HOME for 14 days from time of exposure
- If you get sick, STAY HOME until all symptoms gone plus at least 3 more days

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