



### What is COVID-19?

COVID-19 is a virus caused by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), a new virus in humans causing a respiratory (lung) illness that can be spread from person to person.

### How does the virus spread?

COVID-19 is mostly spread from person to person through droplets from the lungs. These droplets are spread when someone with COVID-19 sneezes, coughs, or talks. Contagious droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs, which can then cause an infection in that person. Droplets can land on surfaces and objects that when touched, the virus enters through touching the eyes, mouth, and nose, causing a new infection.

### What are the symptoms of COVID-19?

About 2 to 14 days after you are exposed to COVID-19, you may get:

- A fever
- Chills
- A cough
- Shortness of breath or difficulty breathing
- Fatigue
- Body or muscle aches
- A headache
- New loss of taste or smell
- A sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

## **I think I have been exposed to someone who has COVID-19. What should I do?**

The best way to protect yourself and others is to stay at home for 14 days. You may not need to stay home if you are fully vaccinated and have no symptoms. Call your doctor if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing. If you do not have a primary care doctor, visit [UPMC.com/AnywhereCare](https://www.upmc.com/AnywhereCare) or download the AnywhereCare app.

## **How can I avoid getting the virus?**

To prevent the spread of this virus:

Get vaccinated! Encourage your family members and loved ones to be vaccinated. To schedule for a vaccine, go to [Vaccine.UPMC.com](https://www.upmc.com/Vaccine).

### **Whether you are vaccinated or not:**

- Avoid close contact with people who are sick. If YOU are sick, stay home.
- Cover your cough or sneeze with a tissue, or cough and sneeze into your arm/sleeve.
- Avoid touching your face, mouth, nose, or eyes.
- Consider wearing a mask or face covering per CDC guidelines.
- Consider keeping about 6 feet between yourself and others per CDC guidelines.
- Wash your hands often with soap and water for at least 20 seconds, especially before eating, after touching common surfaces such as elevator buttons and phones, and after blowing your nose, coughing, or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer that is at least 60% alcohol.
- Clean and disinfect often used surfaces with regular household disinfectants.

## How can I learn more?

- Talk to your doctor.
- Visit the Centers for Disease Control and Prevention website at **CDC.gov** and search "COVID-19."
- Visit **UPMC.com/Coronavirus**.

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