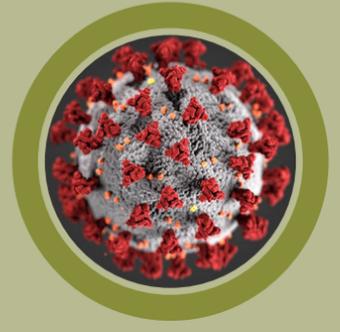


Covid - 19

What is coronavirus or Covid-19

A novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.



How is Covid-19 transmitted



The virus that causes COVID-19 most commonly spreads between people who are in close contact with one another (within about 6 feet, or 2 arm lengths). It spreads through respiratory droplets or small particles produced when an infected person coughs, sneezes, sings, talks, or breathes. These particles can be inhaled into the nose, mouth, airways, and lungs and cause infection. Droplets can also land on surfaces and objects and be transferred by touch. A person may get COVID-19 by touching the surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Spread from touching surfaces is not thought to be the main way the virus spreads..

Signs and Symptoms of Covid

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

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



Isolation vs. Quarantine



Isolation separates sick people with a contagious disease from people who are not sick. (Those that test positive)

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. (Those exposed to someone that has tested positive)

Isolation Time vs. Quarantine Time

The contagious period for those in isolation is the amount of time during which a sick person can give the disease to others. The contagious period for Covid is 10 days.

The incubation period for those in quarantine is the period between exposure to an infection and the appearance of the first symptoms. The incubation period for Covid is 14 days.



End of Isolation vs. End of Quarantine



The day of symptom onset or day of test for asymptomatic cases is day 0, isolation ends on day 10 meaning day 11 is the day you may return.

The last day of exposure to a person that has tested positive is day 0, quarantine ends on day 14 meaning day 15 is the day you may return. (If you are unable to quarantine from a positive person that lives in your home or if you are caring for someone sick, your 14 days do not begin, until the positive person's 10 days ends. Their day 11 is now your day 1 of 14.)

Contact vs. Contact of a Contact

A contact is someone that has been in close contact with someone that has tested positive for Covid and the close contact occurred 2 days prior to symptom onset or 2 days prior to an asymptomatic positive test. Close contact is defined as being within six feet of someone who has tested positive for 15 minutes or more, with or without a mask. 14 day quarantine is required.

A contact of a contact is someone that has been in contact with a person that has been in contact with someone that has tested positive for Covid. They themselves, have not actually been in contact with the positive person. No quarantine is required unless the contact they were in contact with starts showing symptoms or tests positive for Covid thus meeting the contact criteria above.

