

COVID 19 FACT SHEET

Take the following steps to protect yourself to reduce the likelihood of contracting COVID-19.

- Practice proper hand hygiene by promptly washing or sanitizing hands after coughing, sneezing, or physically interacting with others. Wash your hands for at least 20 seconds with soap and water.
- Avoid touching your face (eyes, nose, and mouth).
Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- Make sure to dispose of the tissue immediately.
- Wash your hands with soap immediately after sneezing or coughing.
- Avoid close physical contact with others, including shaking hands and hugging.
Maintain at least 6 feet distance between yourself and anyone who is coughing or sneezing, when possible.
- Promptly disinfect your gear including your duty belt after physical contact with any individual.
- Keep disinfectant wipes and hand sanitizer in an easily accessible place while on-duty.
Only wear a mask if coming into contact with someone who has the COVID-19 virus and make sure to know how to properly use and dispose of it.
- Educate yourself and participate in training on the use of Personal Protective Equipment (PPE) for respiratory protection, if available at your agency.
- Make sure to know your agency's plans and protocols for exposure control.
- Seek medical care early if you have a fever, cough and difficulty breathing.
COVID-19-infected droplets may be able to live on nearly any surface. Sanitize items you frequently touch during a shift:
 - Phone
 - Laptop
 - Clipboard
 - Patrol car equipment
 - Steering wheel
 - Gear shift
 - Dispatch radio module
 - Door handles and edges



What is COVID-19?

Coronavirus Disease 2019 (COVID-19) is the name given by the World Health Organization for a new respiratory disease first identified in Wuhan, China, in December 2019.

It has now been identified in more than 90 countries. Coronaviruses are a family of viruses found in people and animals causing a range of illnesses from the common cold to severe respiratory infection. Due to the increased availability of testing, more COVID-19 infections are being identified every day. As it is a newly-identified virus, this is an emerging and rapidly-evolving situation and new information becomes available daily. Stay updated.

How does the COVID-19 Virus Spread?

The virus is thought to spread mainly by “person-to-person” contact. This means close contact within six feet and through respiratory droplets produced when an infected person coughs or sneezes. While humans are thought to be most contagious when symptomatic, the virus can spread even when an infected person is not showing symptoms.² It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching his/her mouth, nose, or possibly eyes, but this is not thought to be the main way the virus spreads.

What are COVID-19 Symptoms?

Symptoms of a COVID-19 infection may appear 2-14 days after being exposed to the virus. Symptoms range from mild to severe respiratory illness. The most common symptoms include:

- Fever
- Cough
- Shortness of Breath or difficulty in breathing
- Tiredness/fatigue



While less common, individuals with COVID-19 may also experience:

- Aches and pains
- Sore throat
- Nasal Congestion
- Chills
- Nausea and vomiting

Vulnerable Populations

Current COVID-19 cases and prior coronavirus infections suggest that the most vulnerable populations include:

- Older persons
- Individuals with pre-existing medical conditions, such as:
 - o Heart disease
 - o Lung disease
 - o Diabetes
 - o Pregnant women

Treatment and Recovery

The overwhelming majority of people infected with COVID-19 experience mild symptoms and recover from the disease without needing special treatment. There is no specific antiviral treatment or vaccine for COVID-19. Individuals with COVID-19 typically successfully receive treatment to relieve symptoms.

