Coronavirus Disease 2019 (COVID-19)

What is Coronavirus disease 2019?

Coronaviruses are a group of viruses that can cause either mild illness, such as a cold, or can make people sick with pneumonia.

How do you get it?

- Standing less than 6 feet from a person that has Coronavirus and that person is coughing or sneezing
- If your hands have Coronavirus on them and you touch your eyes, nose or mouth

What are the symptoms?

Symptoms can include:

- Fever
- Cough
- Trouble breathing
- Feeling tired
- Muscle aches

Reduce your risk by following some basic steps:

- **Wash Your Hands Often**
    - **Keep your hands clean with *soap and water***
        - Wet your hands with clean running water & then lather them with soap
        - Don't miss the backs of your hands, between your fingers and under your nails.
        - Make sure to scrub for at least 20 seconds (or about the time it takes to sing "Happy Birthday" twice),
        - Dry them with a clean towel
    - Alcohol-based hand sanitizers
        - You may also use Alcohol-based hand sanitizers, which should be rubbed in for about 20 seconds (until dry).

- **Avoid touching eyes, nose and mouth with unwashed hands (if you do, wash your hands)**

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- **Sneezing or coughing?**

    - **Cover your mouth and nose** with a tissue when you cough or sneeze.
        - Throw used tissues in a lined trash can.
        - Wash your hands with soap and water

    - **No tissue available:**
        - Direct your cough/sneeze into your elbow to avoid leaving germs on your hands, which can then quickly spread to other surfaces

- **<u>Face Masks</u>**

    - The Centers for Disease Control ***does not recommend*** **that people <u>who are well</u> wear a face mask to protect themselves from viruses like Coronavirus.**

    - If you have a cough, and or fever, masks may help prevent the spread of infections to others.
        - **Your health care team** will direct you as to the type of mask that you and your caregiver may need to use, including instructions for use.

If you are experiencing fever, cough or shortness of breath, and have traveled to an area where Coronavirus is spreading:

- **CALL FIRST:**
    - **Call** Union Health Center (212) 924-2510
        - The health care team will gather information from you and discuss next steps
        - *You may be asked to remain at home and be given directions for self-monitoring and staying away from others*