



# Coronavirus and COVID-19

## WHAT IS COVID-19?

1. Covid-19 is a viral illness caused by the 2019 Novel Coronavirus that **effects the lungs and upper respiratory system.**
2. It is **not the cold or flu.** It is **more contagious and severe.**
3. It is spread through **close contact with another person**, including through **airborne droplets** caused by coughing and sneezing and by touching contaminated surfaces.
4. Covid-19 **can cause:**
  - Fever (100.4 degrees or above)
  - Coughing
  - Shortness of breath
5. In some cases, **it can be fatal**, especially for those:
  - age **65 and older**
  - with **heart, lung, and kidney disease;**
  - with **diabetes;**
  - with a **suppressed immune system.**
6. It can take **from 1-14 days** for a person to show any symptoms.

## HOW DO I PROTECT MYSELF AND OTHERS?

1. **Avoid exposure:**
  - Stay away from people who have Covid-19, and large crowds of people.
    - When in public, **stay at least 6 feet away** from other people.
    - **Do not dine-in** at restaurants. Order take-out, delivery, drive-through, or curbside service.
    - **Do not attend** events with **10 or more** people.
    - **Do not travel.**
2. **Do not touch your face** with unwashed hands
  - Especially **avoid** touching your **eyes, nose, and mouth.**
3. **Wash your hands** often:
  - Use soap and water. **Lather for at least 20 seconds** before rinsing. Singing "Happy Birthday" twice takes about 20 seconds.
  - If there is no soap and water near, use at least a **60% alcohol-based hand sanitizer**, and rub your hands together until completely dry.
  - Wash your hands after you have been in public, or after touching high use objects like doorknobs, counters, tables, handrails, and cell phones.
4. **Disinfect your home:**
  - Disinfect high use objects like doorknobs, counters, tables, handrails and cell phones.
  - Use:
    - **Diluted bleach** solution (1/3 cup bleach per gallon of water, or 4 teaspoons per quart of water). **Do not** mix bleach with ammonia, any household cleaner, or any acidic solution (such as vinegar).
    - **Alcohol solutions** with 70% alcohol.
    - Or the **following products:**  
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
5. Disinfect your cell phone often using a lint free cloth with 70% rubbing alcohol. Follow the manufacturer's guide for cleaning instructions.
  - **Do not** use bleach on your phone.

## WHAT IF I MIGHT HAVE COVID-19?

- 1. Don't Panic!**
  - The **vast majority** of people **recover** within 14 days.
- 2. Get Screened:**
  - **Arkansas Department of Health hotline:**
    - 1-800-803-7847 (Mon. – Fri., 8:30 am – 4:00 P.M.)
    - 1-800-554-5738 (weekends and after business hours)
  - **Online UAMS screening** at: <https://uamshealth.com/healthnow/>
- 3. Stay Home:**
  - **Only leave** your home **for medical care.**
    - **Call** your medical provider **before visiting** and inform them you may have Covid-19.
  - **Stay home for 14 days.**
- 4. Separate** from other members of your household
  - Stay in a specific “sick room”
  - Use a separate bathroom, if possible
- 5. Stop Your Spread:**
  - **Cover your cough** with a tissue or the bend of your elbow
    - Throw away any tissue you've coughed or sneezed into and wash your hands after.
  - Wear a **facemask only when** you are ill and leaving home to visit your medical provider
    - If **you cannot buy a facemask**, you can limit the droplets you spread by using a clean dishtowel, cotton blend t-shirt, or if short of breath 100% cotton t-shirt.
    - If the facemask **makes it hard to breath** stop use immediately.
- There is **currently no vaccine, treatment, or cure.**
  - Covid-19 is **viral, antibiotics will not work** to treat the illness.
  - Over the counter medications can **provide relief from symptoms** of Covid-19; however, consult with a **medical professional** before taking any.

## WHY ARE THINGS SO DIFFERENT RIGHT NOW?

- The World Health Organization has declared Covid-19 a **pandemic.**
  - A pandemic is a disease that is spread on a world-wide level.
  - Pandemics threaten to overload healthcare systems, which creates a greater number of people needing treatment than our ability to provide it.
- Flattening the curve:**
  - The goal to is to **slow the spread** of Covid-19 so healthcare systems aren't overloaded
  - **To achieve this** travel has been limited, schools have closed or moved online, people are working from home, and restaurants are no-longer dine-in.
  - These changes **will last until** the **threat** of a pandemic **has passed.**
- It is **normal to have questions** and to be **worried.**
  - If you need more information, you can find **resources** at:
    - <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-resources>
    - The Arkansas Department of Health Hotline 1-800-803-7847
    - The UAMS hotline 1-800-632-4502
    - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
    - <https://www.coronavirus.gov/>
- If you are in need of **public assistance** due to Covid-19:
  - <https://www.benefits.gov/help/faq/Coronavirus-resources>