

What is the Coronavirus disease 2019 or COVID-19?

Coronavirus is family of viruses that has also been known to cause the common cold. Coronavirus disease (COVID-19) is a respiratory illness that spreads from person to person and was first identified in Wuhan, China in December 2019.

How does COVID-19 spread?

Like other upper respiratory viruses such as the flu or other strains that cause the common cold, COVID-19 spreads from person to person. When an infected person coughs or sneezes, tiny droplets containing the virus are released into the air and immediate surroundings. It is possible for an uninfected person to get COVID-19 infection by directly coming into contact with these droplets or by touching surfaces or objects affected by these droplets and then touching his or her mouth, nose or eyes.

What are the symptoms of COVID-19?

The most common symptoms are fever and cough. Shortness of breath can also occur and indicates severe illness that usually results in hospitalization.

Is COVID-19 dangerous and life threatening?

According to current estimates **approximately 98%** of COVID-19 infections **are not life threatening**. Older individuals, those with weakened immune systems, are at higher risk of severe illness.

How can I protect my family and myself?

We urge the jamat to continue to maintain the same precautions that they would during the flu season.

- **Stay home when you are sick. Avoid close contact with those that are sick**
- **Cough or sneeze in your elbow or a tissue**, then throw the tissue in the trash. **Avoid touching your eyes, nose, and mouth.**
- **Wash your hands** with soap and warm water for 20 seconds making sure to scrub between the fingers and thumbs. **Clean hands frequently** with an alcohol-based hand sanitizer. **Clean and disinfect frequently** touched objects and surfaces (e.g. countertops, TV remote, cellphones) using a chlorine-based household cleaning spray or wipe.
- At this time, general public is **not recommended to use face masks** if they do not have the symptoms of common cold, flu, or COVID-19.
- **Follow the advice from your local health officials** and local school districts

Who is at higher risk for COVID-19?

High risk groups include older adults over the age of 60, and those individuals who have serious chronic medical conditions such as heart disease, diabetes, lung disease or have weak immune system for any reason.

Is there a treatment or vaccine for COVID-19?

There is no specific vaccine or medication for the treatment of COVID-19. At this time, treatment mainly involves symptom management. However, clinical trials are underway to develop vaccines and medications.

What is Social Distancing?

Social distancing is a public health practice of distancing sick people from healthy people in order to stop the spread of disease. This practice includes discouraging large gatherings. At this time, the Centers for Disease Control and Prevention is recommending the practice of social distancing to slow the spread of COVID-19.

Should I be concerned about COVID-19?

At this time, we recommend continuing to follow the advice of the Centers for Disease Control and Prevention (CDC). Continue to practice prevention and good hand hygiene, social distancing and isolating yourself if you are sick. Remember, PREPARE NOT PANIC (PNP).

Source: Centers for Disease Control and Prevention (www.cdc.gov)