



CORONAVIRUS (COVID-19) FACT SHEET

The COVID-19 outbreak is evolving rapidly with new information being learned daily. The CDC is monitoring the outbreak and working closely with federal, state, and local health departments. Because of this, healthcare personnel working in post-acute and long-term care (PALTC) settings should refer to the CDC website for the latest updates at a minimum of bi-weekly basis: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

WHAT IS CORONAVIRUS (COVID-19)?

Coronavirus disease 2019 (COVID-19) is an **infectious disease caused by SARS coronavirus 2**, a virus closely related to the SARS virus. The disease is the cause of the 2019–20 coronavirus outbreak. COVID-19 illness may be mild to severe. While the majority of cases result in mild symptoms, some can progress to pneumonia and multi-organ failure. Symptoms may appear as soon as 2 days and as long as 14 days after exposure. Those affected may develop a fever, dry cough, fatigue, and shortness of breath. Other symptoms include nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people who are infected may remain asymptomatic. Up to 80% of infected people recover without any need to seek care. Some will develop severe illness (typically in the second week of illness), and at present it is estimated that around 2% will die. Just as with influenza and other viral infections, older adults and patients with comorbid conditions are at increased risk for more severe illness.

TRANSMISSION

COVID-19 is spread from person-to-person by respiratory droplets between people who are in close contact with one another (about 6 feet). While there is not yet evidence for spread from surfaces or objects (fomites), this may also be a possible mechanism of transmission. At present, COVID-19 is not felt to be spread through airborne transmission such as seen with tuberculosis or measles.

INTERIM RECOMMENDATIONS FOR POST-ACUTE & LONG-TERM CARE FACILITIES and Who Should Be Evaluated As A Suspected Case

Currently, people returning from sites where there is ongoing person-to-person transmission of COVID-19, or who have been in close contact with individuals known to be infected with COVID-19 are at greatest risk for COVID-19. Such individuals have been part of the CDC's case definition used to determine when to evaluate individuals for COVID-19. On February 26, 2020, the CDC updated its guidance to also consider COVID-19 in individuals with fever and severe lower respiratory failure requiring hospitalization without an alternative diagnosis. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-criteria.html>

HERE'S WHAT YOU CAN DO:

- **Keep your hands clean and wash them frequently with soap and water.**
- **Keep your distance from sick people outside of your work environment.**
- **Stay home if you are sick and report your illness symptoms to your employer.**
- **Unless you are already infected, face masks won't help. Use masks, gloves and other PPE according to agency policy.**
- **Stock up on home supplies, medicine and resources if you live in a County with reported COVID-19 cases.**
- **Prepare your family and communicate your plan with other family members.**
- **With children, keep calm and carry on --- and it's not too late to get the flu shot.**