

# COVID-19

## Coronavirus Information for Independent Living Residents

### What is coronavirus and COVID-19?

A coronavirus is a type of virus that causes respiratory illness — an infection of the airways and lungs. COVID-19 is a new strain of coronavirus. It's part of the same family of coronaviruses that includes the common cold.

### What are the symptoms?

The most common early symptoms appear between 2 and 14 days after being infected. Symptoms can be mild to severe. They include fever, cough, and shortness of breath.

### How does the virus spread?

Right now, medical experts think that COVID-19 spreads from person-to-person through a cough, sneeze or kiss. However, since COVID-19 is a new disease, scientists around the globe are racing to learn more about it.

### What if I have symptoms?

**Call your doctor if you develop a fever, have a cough, or have difficulty breathing. Remain in your apartment and let the community executive director know.**

### Do I need to wear a face mask?

**It's best to follow the CDC's recommendations for using a facemask.**

- **If you're not sick**, the CDC does not recommend wearing a facemask to protect yourself from respiratory diseases, including COVID-19.
- **If you're sick with COVID-19, or being evaluated for COVID-19**, you should wear a facemask when you are around other people to help prevent spreading the disease to others.
- **If you're taking care of someone who has COVID-19**, you should wear a facemask to protect yourself when you are in close contact with a person who is sick with COVID-19, or being evaluated for COVID-19.

### How can I help protect myself?

**Good health habits can help prevent and fight COVID-19. You should:**

- Wash your hands often with soap and water for at least 20 seconds. Especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- If soap and water aren't available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- Stay home when sick and for at least 24 hours after a fever is gone.
- Cover a cough or sneeze with a tissue, throw the tissue in the trash and wash your hands.
- Clean and disinfect frequently touched objects and surfaces like phones, keyboards, and doorknobs.
- Get plenty of sleep, be physically active, drink lots of fluids, and eat nutritious food.

