

Novel Coronavirus (COVID-19)

What is COVID-19?

The Novel Coronavirus Disease or COVID-19 is a respiratory disease caused by a virus called SARS-CoV-2. This disease emerged in December of 2019. Most people who are infected with COVID-19 have mild to moderate respiratory illnesses which resolve without requiring medical treatment. However, there have been some who have become seriously ill from their infection.

What are the signs and symptoms?

- Cough
- Fever or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Sore throat
- Loss of taste or smell
- Diarrhea
- Headache
- Fatigue
- Vomiting or Nausea
- Congestion or Runny Nose

How does it spread?

Currently, researchers believe that COVID-19 is spread through droplets and virus particles that are released into the air when an infected person breathes, coughs, sneezes, talks, or laughs. The smaller infectious particles may linger in the air and accumulate in indoor spaces or areas where there is poor ventilation.

How is it treated?

Treatment typically focuses on the symptoms of the infection. For mild symptoms, health care providers may recommend fever reducers or over the counter medications. For more severe cases, hospitalization may be needed, and treatments may include oxygen, steroids, or mechanical breathing support. Monoclonal antibodies may be given to certain patients early in the infection to reduce the symptoms and the severeness of the illness.

Prevention:

The best protection against COVID-19 is to get the vaccine if you qualify for it. Other preventative measures include wearing a properly fitted mask, social distancing, and practicing proper hand washing techniques.

For more information:

Visit the CDC here: [COVID-19 - CDC Resource](#)



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