



Alpha Kappa Alpha Sorority Incorporated Delta Pi Omega Chapter

Health Outreach

Quick Facts about COVID-19

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

These symptoms may appear **2-14 days after exposure** (based on the incubation period of MERS-CoV viruses).

- Fever
- Cough
- Shortness of breath

Person-to-person spread

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
- Maintaining good social distance (about 6 feet) is very important in preventing the spread of COVID-19.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus. CDC recommends people practice frequent “hand hygiene,” which is either **washing hands with soap** or water or using an alcohol-based hand rub. CDC also **recommends routine cleaning of frequently touched surfaces.**

How easily the virus spreads

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping.

- The virus that causes COVID-19 is spreading very easily and sustainably between people.
- Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

How to decide if you should be tested or seek care

Not everyone needs to be tested for COVID-19. Here is some information that might help you make decisions about seeking medical care or testing.

- Most people have **mild illness** and are able to **recover at home** without medical care. They may not need to be tested.
- There is no treatment specifically approved for people who have COVID-19.
- If you think you may be sick, stay home and consult with your healthcare provider on the need for testing.

CDC has **guidance** for who should be tested, but **decisions about testing are at the discretion of state and local health departments and/or individual clinicians.**