COVID-19 Overview

What is COVID-19?

COVID-19 stands for "coronavirus disease 2019." The virus that causes COVID-19 is called SARS-COV-2. People showing symptoms of COVID-19 can have fever, cough and trouble breathing. In Minnesota, our leaders have advised us to wear masks while we are in public spaces and to perform frequent handwashing in order to slow the spread of the disease.

How is COVID-19 spread?

The virus that causes COVID-19 mostly spreads from person to person. Typically, when an infected person coughs, sneezes, or talks near other people droplets spread to a person that is not yet affected. It could be possible to become sick if you touch a surface that has the virus on it and then touch your mouth, nose, or eyes.

What are the symptoms of COVID-19?

Symptoms usually start 4 or 5 days after a person is infected with the virus. Sometimes symptoms don't show up for 2 weeks, and sometimes people never show any symptoms.

Most common symptoms of infection include:

- Dry cough
- Shortness of breath
- Fever

- Muscle Pain
- Feeling Tired
- New loss of smell or taste

Less common symptoms of infection include:

- Chills
- Repeated Shaking with Chills
- Headache

- Diarrhea
- Vomiting
- Sore throat

For most people, symptoms will get better within a few weeks. In others, COVID-19 can cause serious problems like not getting enough oxygen, heart problems, pneumonia and even death.

What should I do if I have symptoms?

If you have a fever, cough or trouble breathing, **CALL A HEALTH CARE PROVIDER** before going to a clinic or hospital.

You can also visit the MN Department of Health's self-screening tool at:
https://mn.gov/covid19/for-minnesotans/if-sick/is-it-covid/

Disclaimer: This information is not specific medical advice and does not replace information you receive from your health care provider. This is only a brief summary of general information and does NOT include all information available.

Can COVID-19 be prevented?

There is not a vaccine for preventing COVID-19.

To reduce your chances of getting this virus:

1. Practice "social distancing." Try your best to stay at least 6 feet away from other people.
2. Wash your hands with soap and water often, especially after being in public. Wet your hands, rub with soap for at least 20 seconds and then rinse with water.
3. Avoid touching your face with your hands, especially your mouth, nose, and eyes.
4. Avoid traveling if you can.
5. Cover your face when you need to be in public.

What if I feel fine but think I was exposed?

If you think you were in close contact with someone with COVID-19 but you don't have symptoms, you should "self-quarantine" for at least 14 days. "Self-quarantining" is different than isolating yourself as it means that you should stay in a completely separate area than other people.

Monitor yourself for any symptoms. If you develop a fever, cough or trouble breathing, call a health care provider right away.

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