



Angels Service LLC

COVID-19 Coronavirus Fact Sheet

Symptoms and Severity

- Symptoms of COVID-19 include fever, cough, and shortness of breath.
- Illness can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain and fever-reducing medications.

How COVID-19 Spreads

- Person-to-person contact: To become sick, you have to be exposed to the virus. CDC defines exposure as being within 6 feet (2 meters) of someone with a confirmed infection for a prolonged period of time.
- Exposure can occur through respiratory droplets -- when an infected person coughs or sneezes, similar to how flu and other respiratory viruses spread.
- Infected surfaces or objects: It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your mouth, nose, or possibly your eyes.
- For these reasons, people at increased risk of infection are:
 - People who have been to areas where widespread community transmission is occurring.
 - People who had direct close contact with someone who has COVID-19.

Reduce the risk. Everyday actions to protect yourself and those you love

- Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. Soap and water are always preferable, but if they are not available, use hand sanitizer with at least 60% alcohol.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash, or use your inner elbow or sleeve.
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Stay home if you're sick, and keep your children home if they are sick. If you are sick: Call ahead before going to see a doctor or emergency room to prevent the spread of illness
- Clean surfaces in your home, and personal items such as cell phones, using regular household products.

Information Resources

<p>CO HELP: COVID-19 hotline</p> <ul style="list-style-type: none"> • Call 303-389-1687 or 1-877-462-2911 • Email COHELP@RMPDC.org 	<p>CDC web page cdc.gov/coronavirus/2019-ncov State public health web page: colorado.gov/cdphe FEMA Guidance: ready.gov Center for Disease Control: cdc.gov/coronavirus</p>
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Planning and Preparing

<p><i>Create a household plan of action</i></p>	<p><i>Identify roles and needs of the people to be included in your plan</i></p>	<p><i>Plan ways to care for those who are at risk for serious complications</i></p>
<p><i>Get to know your neighbors and community resources</i></p>	<p><i>Identify aid organizations in your community</i></p>	<p><i>Create an emergency contact list</i></p>