

## COVID-19 (Coronavirus) Fast Facts

### Fast Facts:

#### Are COVID-19 and Coronavirus referring to the same thing?

- Yes. The name COVID-19 is an abbreviation for Coronavirus Disease 2019.

#### What are the symptoms of COVID-19?



- These symptoms may appear 2-14 days after exposure.
- Illness can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain and fever-reducing medications (Tylenol®).

#### How does COVID-19 spread?

- 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 transmission is occurring.
  - People who have been in direct close contact with someone who has COVID-19.

#### How can I protect myself?

- Frequently and thoroughly wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Wash your hands before you eat.
- 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.
- Clean surfaces in your home and personal items such as cell phones, using regular household cleaning products.
- If you are an older person (>60 years old), stay home and away from other people.
- If you are a person with a serious underlying health condition that can put you at risk (for example, a condition that impairs your lung or heart function or weakens your immune system), stay home and away from other people.

### **How can I protect my neighbor?**

- Listen to and follow the recommendations of your state and local authorities.
- If you feel sick, stay home. Do not go to work. Contact your medical provider.
- If someone in your household has tested positive for the coronavirus, keep the entire household at home. Do not go to work. Do not go to school. Contact your medical provider.
- Work or engage in schooling from home whenever possible.
- Avoid social gatherings in groups of more than 10 people.
- Avoid eating or drinking at bars, restaurants, and food courts - Use drive-thru, pickup, or delivery options.
- Avoid unnecessary travel, shopping trips, and social visits.
- Do not visit nursing homes, retirement homes, or long-term care facilities unless to provide critical assistance.
- Practice good hygiene.

### **What do I do if I think that I am infected with COVID-19?**

- Read the CDC fact sheet in the resource documents below.
- It is important to call ahead before going to see a doctor or emergency room to prevent the spread of illness. Tell them your symptoms and that you suspect you were exposed to someone with COVID-19 or had recent travel to a place that is experiencing community spread.
- Do not ride public transportation or ride share services.
- You cannot be tested unless you have a note from your medical provider or are transported to the emergency room via emergency medical services (EMS).
- Please reserve EMS for the critically ill.
- Critically ill symptoms include:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

- **\*\*This list is not exhaustive. Please contact your medical provider for other concerning symptoms.**

**Note:** These guidelines were adopted from the CDC and Colorado Department of Public Health & Environment. Please refer to the following fact sheets to see this information in a different format.

**Resources:**

**CDC Fact Sheet:**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

**National Guidelines:**

[https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20\\_coronavirus-guidance\\_8.5x11\\_315PM.pdf](https://www.whitehouse.gov/wp-content/uploads/2020/03/03.16.20_coronavirus-guidance_8.5x11_315PM.pdf)

**Colorado Department of Public Health & Environment fact sheet:**

<https://drive.google.com/file/d/1rRX9Y5LWCq3aWkLnEMBUUdLyQ99YSxXj/view>

Helpful videos from the CDC:

- 10 Things You Can Do to Manage COVID-19 at Home
  - <https://www.youtube.com/watch?v=qPoptbtBjkg>
- 6 Steps to Prevent COVID-19
  - <https://www.youtube.com/watch?v=9Ay4u7OYOhA>
- COVID-19: What Older Adults Need to Know
  - <https://www.youtube.com/watch?v=TjcoN9Aek24>



## COVID-19 Volunteers

### Protocol:

- DOs:
  - Washing of hands and/or using hand sanitizer is required to volunteer.
    - You must wash your hands before and after leaving a public space for at least 20 seconds or until the hand sanitizer is completely dry.
    - You must wash your hands after ringing the doorbell.
    - Wash your hands before you eat.
  - Distance yourself 6ft (2 meters) away from individuals while serving in the community
  - If grocery shopping, only purchase the items on the grocery list. If a brand is not specified, purchase the option that is both healthy and economical.
  - Before you can pick up a prescription, the individual in need must call their pharmacy to give permission for you to pick it up on behalf of them and provide payment over the phone.
  - Encourage individuals to utilize any assistance services that they already qualify for.
  - Encourage individuals to wash their produce before consuming.
- DO NOTs:
  - Do not transport people
  - Do not assemble in groups of 10 or larger when volunteering
  - You may not enter the home of the individual. You must drop off the supplies at the doorstep and ring the doorbell.
  - Avoid touching your eyes, mouth, or nose with unclean hands.
  - If you are sick, stay home and do not volunteer.
- Childcare Specific Guidelines:
  - Providing childcare in the home of the child's family is preferred.
  - Only provide care to one family per child care provider.
  - If anyone in the household, the volunteer, or the volunteer's family becomes ill within 14 days of the contact, the entire family and the volunteer must be notified, and isolated or quarantined. Consult a medical provider.
  - If the childcare volunteer has any symptoms, they may not provide childcare.



## Volunteer Agreement Form

- I agree to washing my hands with soap and water for at least 20 seconds. If soap and water are unavailable, I will use hand sanitizer with at least 60% alcohol and rub my hands until they are dry.
- I will drop the groceries, prescriptions, and other supplies off at the doorstep and ring the doorbell.
- I will not enter the home and will stay 6 feet away from the individual.
- I will wash my hands after ringing the doorbell, before entering public spaces, and after exiting public spaces.
- I will try my best to avoid touching my eyes, mouth, or nose with unclean hands.
- If I have cold or flu symptoms, I will not participate in this volunteer activity and will stay home.
- I will follow the Childcare Specific Guidelines listed above.

I have read and agree to the above conditions:

**Name:**

\_\_\_\_\_

Please Print

**Signature:**

\_\_\_\_\_

**Date:**

\_\_\_\_\_

Email this form to Katie Larsen at: [klarsen@providencedenver.org](mailto:klarsen@providencedenver.org)