

COVID-19 In Plain Language

What is COVID-19 or the new coronavirus?

It is a new virus making people sick all over the world, including here in New York State.



How do you get the coronavirus?

Someone that has the coronavirus gives you their germs when they cough or sneeze. Their germs then get into the air, on you, and on things. Germs get into your body through your mouth, nose, and eyes.

Avoid touching your face, eyes, nose, and mouth



How can you keep yourself from getting the coronavirus?

You should:

- Wash your hands often with soap and water for at least 20 seconds, especially before and after eating, after using the restroom, after coughing or sneezing, and after touching surfaces.



- Don't touch your eyes, nose, or mouth with unwashed hands.
- Stay away from people who are sick.
- Cover your mouth when you cough. Sneeze using a tissue and then throw it away into a closed container.

- Regularly clean surfaces and objects in your home.

Stay Inside! If you must go outside:

- Avoid close contact with people. Keep a distance of at least 6 feet.
- Avoid games and activities that have close contact.
- Avoid surfaces and objects that get touched a lot. This includes store countertops or playground equipment like slides and swings.
- Wash your hands with soap and water for at least 20 seconds when you return indoors.

How will I know if I have the coronavirus?

The coronavirus may cause:

- Cough
- Fever
- Trouble breathing



Symptoms may appear in as few as 2 days or as many as 14 days after you catch it. Just because you have these symptoms doesn't mean you have the coronavirus.

You could have a cold or the flu.

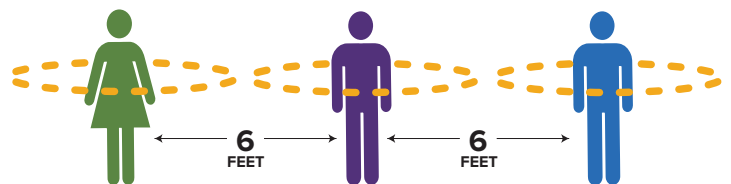
If you are sick:

- Call your doctor. Do NOT go to a hospital or an urgent care center.
- Stay away from others. If you have a separate room you can stay in and a separate bathroom you can use, that is best.
- Wash your hands with soap and water.
- Avoid sharing personal items.

If you have had contact with someone who is sick in the last 14 days:

- You should stay home.
- You may enjoy spending time in your own backyard or other personal outdoor space but you should not go into public outdoor spaces.

Keep a distance of at least 6 feet



If someone you live with gets sick:

- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- Call your care manager to see if there is someplace else you can stay for a few days.

How do I say hello to my friends?

Text, call, video chat, or send a message.