

What is COVID-19?

What do you need to know?

Coronavirus Disease 2019 (COVID-19) is caused by a new type of coronavirus (SARS-CoV-2). There are a number of cases globally including the United States. This virus is spread mainly from person-to-person.

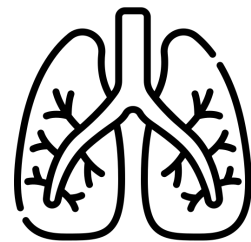
COVID-19 symptoms are usually mild, but some patients have experienced severe respiratory illness. Symptoms may appear 2-14 days after exposure and include*:



Fever



Cough



Shortness of Breath

*These symptoms lists are not all inclusive.

What can you do to help prevent the spread of COVID-19?

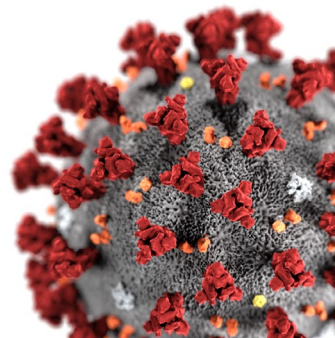
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 - It is especially important to clean hands after going to the bathroom; before eating; and after coughing, sneezing or blowing your nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home as much as possible.
- Avoid close contact (within 6 feet) with others.
- Cover your cough or sneeze with a tissue or your sleeve (not your hands).
- When around others, cover your mouth and nose with a mask.
- Clean and disinfect frequently touched objects and surfaces.

For more information, go to azdhs.gov/covid19 or call the

Arizona Poison Control System Hotline:

1-844-542-8201

English and Spanish available. Call your healthcare provider if you need assistance with language translation.



When to stay home and when to seek healthcare?

- There is currently no vaccine or specific antiviral treatment recommended for COVID-19. Most healthy people will recover at home with general supportive care. You should always consult with your doctor if you have chronic medical conditions (asthma, diabetes, etc.) or are having unusual symptoms.
- Practice social distancing and stay home if a healthcare provider or local health department instructs you to, even if you are feeling healthy.
- If you develop emergency warning signs for COVID-19, seek medical attention immediately. Be sure to call ahead and let them know you may be experiencing COVID-19 symptoms.
- Emergency warning signs include, but are not limited to:
 - Difficulty getting enough air
 - Chest pain
 - Change in alertness or responsiveness
 - Bluish lips or face
 - Rapid breathing

Additional Resources

- azhealth.gov/covid19
- cdc.gov/coronavirus
- [Know the Symptoms of COVID-19](#) – ADHS

Resources available in English, Spanish, Chinese, Korean and Vietnamese:

- [What you should know about COVID-19 to protect yourself & others](#) – CDC
- [Stress and Coping during the COVID-19 pandemic](#) – CDC
- [What to Do if You are Sick](#) – CDC
- [Caring for Someone with COVID-19 at Home](#) – CDC
- [Household Checklist](#) – CDC

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