Coronavirus Disease 2019 (COVID-19)

COVID-19

What is COVID-19?
A severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) novel coronavirus has been identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. The disease caused by this new virus has been named COVID-19. The exact origin of this strain of coronavirus is unknown. There is no specific cure for COVID-19. People who become infected with SARS-CoV-2 develop an illness caused by the virus. The symptoms of COVID-19 are similar to other respiratory infections, such as the common cold and flu. The symptoms may include fever, cough, headache, sore throat, body aches, shortness of breath, and fatigue.

Who is at risk for COVID-19?
Anyone can contract COVID-19, but certain groups are at a higher risk for serious illness or severe outcomes, including:
- Older adults
- People with underlying health conditions, such as chronic lung disease, heart disease, diabetes, and cancer
- People who have recently traveled to an area with a large outbreak
- People who have been in close contact with someone who has COVID-19

What can you do to protect yourself from COVID-19?
- Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Avoid touching your face.
- Practice physical distancing (also known as social distancing) by maintaining a distance of at least 6 feet from others.
- Stay home if you have symptoms of COVID-19, such as fever, cough, and difficulty breathing.
- Get tested for COVID-19 if you have symptoms or have been exposed to someone who has COVID-19.

How is COVID-19 spread?
COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes, or talks. The virus can also spread from contaminated surfaces to people who touch their face, nose, or mouth. People who are infected with COVID-19 but do not have symptoms can also spread the virus to others. People who have COVID-19 can spread the virus to others even before they develop symptoms of the illness.

Can I get COVID-19 if I have been vaccinated?
Yes, you can get COVID-19 even if you have been vaccinated. The COVID-19 vaccine is not a guarantee that you will not get COVID-19, but it is highly effective in preventing severe illness and hospitalization.

CDC.gov/coronavirus

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1990s: First reported in China, 1997, the virus is believed to have originated in China. Subsequently, the virus spread to various parts of the world, including the United States, in 1998. The virus is highly contagious and can cause severe illness, including pneumonia and death.

Prevention: There is no specific treatment for COVID-19. However, individuals can reduce their risk of contracting the virus by practicing good hygiene, avoiding close contact with sick people, and staying home if they are sick. Vaccines are currently being developed and may become available in the future.

Resources:
- World Health Organization
- Centers for Disease Control and Prevention
- California Department of Public Health
- County of San Diego Epidemiology Unit

COVID-19 Resources:
- www.coronavirus-sd.com
- www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx
- www.cdc.gov/coronavirus/
- www.worldhealth.org