

COVID-19 FACTS

WHAT'S COVID-19?

COVID-19 is a respiratory illness caused by the SARS-CoV-2 coronavirus.

HOW DO I KNOW IF I HAVE COVID-19?

The only way to confirm you have the virus is by getting **tested**, because you may be infected and not have any symptoms at all. If you're experiencing any or a combination of the following symptoms, though, you could have COVID-19:

- **Cough or sore throat**
- **Muscle or body aches**
- **Congestion or runny nose**
- **New fatigue**
- **Fever or chills**
- **New loss of taste or smell**
- **Nausea or vomiting**
- **Headache**
- **Shortness of breath or difficulty breathing**
- **Diarrhea**

HOW DOES COVID-19 SPREAD?

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus, and they land on another person's eyes, nose or mouth, or they breathe them in. These droplets and particles can also contaminate the surfaces they touch.

WHAT SHOULD I DO TO PROTECT MYSELF – AND OTHERS – FROM COVID-19?

The best way to protect yourself and others against COVID-19 is to get **vaccinated**, then follow up with boosters according to the schedule recommended by your health care provider. There are four approved COVID-19 vaccines in the United States – Pfizer, Moderna, Johnson & Johnson and Novavax. Vaccines and boosters are available for **children and teens, adults and seniors**. And there are other things you can do to keep you, the people you care about and your community safe:

- **Wash your hands regularly.**
- **Wear a mask around others.**
- **Isolate if you feel sick.**
- **Quarantine when you've been exposed or think you may have been exposed.**
- **Stay current on your vaccinations and boosters.**

HOW DO YOU TREAT COVID-19?

If you've tested positive for COVID-19 and are someone who may be more vulnerable to the virus, you have **options**. Talk to your health care provider and start treatment as soon as you can after your diagnosis.