

Coronavirus Fact Sheet

The coronavirus of COVID-19 is a very strong virus that is spread by air droplets and direct contact. It is a virus that can live on surfaces of common objects such as doorknobs and tables. Individuals most vulnerable to developing severe and devastating cases of the disease include people with weakened immune systems, on certain medications, have pre-existing conditions including hypertension, heart disease, and diabetes and people over 60 years old. Symptoms of COVID-19 are similar to the common cold or flu, but worst. Victims may complain of fever, chills, stuffy nose, coughing, difficulty breathing, and body aches. The COVID-19 virus can rapidly develop into devastating pneumonia.

The Centers for Disease Control (CDC), and the Maryland State Health officials are recommending individuals avoid large crowds to protect themselves from the potential spreading of the disease.

We recommend the following additional precautions:

- Avoid areas and events where you may encounter sick people.
- See your doctor and stay inside if you develop symptoms of a cold
- Avoid traveling over 75 miles away from your home
- Cover your mouth with a tissue when coughing or sneezing. Dispose of the tissue as soon as possible.
- Wash your hands frequently. Wash hands when you leave your home, and when you enter and exit a building. Use warm water and plenty of soap. Lather well, hold your hands downward to rinse.
- Use hand sanitizer between washing your hands. Use at least a “penny size” drop of the sanitizer, rub vigorous over all surfaces of your hands and let your hands air dry.
- Wash your hands with soap and water every 3rd time you use hand sanitizer.
- Use social distancing. Leave at least 4-5 seats between you and another person.
- The CDC and World Health Organization (WHO) advise people to wear a mask if you are coughing or sneezing, or if you are a person caring for an individual with flu symptoms or is positive for the virus.

For more information and updates on the COVID-19 virus visit the CDC website:

www.cdc.gov

<https://governor.maryland.gov/2020/03/12/governor-hogan-announces-major-actions-to-protect-public-health-limit-spread-of-covid-19-pandemic/>

<https://coronavirus.jhu.edu/>