

# Pandemic COVID-19 Intake Education

## What is COVID-19?

COVID-19, or commonly called the “Coronavirus,” is an illness that can affect your lungs and airways. Though most cases are mild, some are severe or even fatal. It spreads in the same way as the common cold, mostly in droplets from coughing or sneezing. The droplets travel only about 6 feet in the air, but they remain infectious for hours on surfaces after they fall. You become infected when these droplets contact your eyes or the inside of your nose or mouth, either directly from the air or carried on your own hands.

Symptoms of COVID-19 include fever, sore throat, cough, and difficulty breathing. Some people have a loss of smell, tiredness, body aches, and runny nose.

There is no specific treatment yet for COVID-19. Though most people have mild symptoms and can recover on their own, some are required to go to the hospital. People who are at greater risk have one or more of these conditions:

- older adults
- chronic lung disease
- diabetes
- heart disease
- severe obesity
- liver disease
- kidney disease
- severely compromised immune system

## How can you avoid getting COVID-19?

COVID-19 spreads from person to person and can be spread by those who are infected but don't display symptoms.

- Practice social distancing when out of your cell or off of your bunk (dormitory style housing). Avoid groups and stay at least 6 feet away from other people when possible.
- Wash hands (at least 20 seconds) frequently, especially after being in common areas (restrooms, day room, recreation areas, etc.) and in contact with high touch surfaces like doorknobs and light switches.
- Avoid touching your eyes, nose and mouth.
- Cough / sneeze into elbow if tissue is not available.
- Avoid sharing personal belongings, such as: towels, cups, food, etc. Do not pass items such as papers and pictures.
- Avoid handshakes, fist bumps, and any other form of direct contact.
- Compliance with facility procedures related to masking, gloving, and quarantine.
- Cooperation with temperature checks when asked. This may be multiple times daily.
- Refer to posted signs on your unit for updated information and further direction.

## What to do if you develop symptoms:

- Contact medical staff if you develop fever, cough or shortness of breath.
- If you develop trouble breathing, persistent pain or pressure in the chest, new confusion or decreased ability to arouse, immediately alert security / medical staff.