COVID-19



What is it?

COVID-19 is a disease caused by a virus called SARS-CoV-2. It mainly affects the lungs but can affect other parts of the body.



How is COVID-19 spread?

- Mainly through tiny particles we breathe out
- A person can spread it 2 days before and up to 10 days after symptoms begin

Symptoms

Symptoms vary widely, but most people have mild symptoms similar to a cold, flu, or pneumonia. Severe illness is possible. It usually takes 2-10 days to feel sick.

- Fever
- Cough
- Sore throat
- Fatigue and muscle weakness
- Congestion or runny nose
- Shortness of breath

- Headache
- · Abdominal pain
- Nausea
- Vomiting or diarrhea







About COVID-19 covid.srhd.org

Who is at risk for severe illness?

Some people are more at risk and likely to need hospitalization than others, including people who are older and people who have:

- Compromised immune systems
- Disabilities
- Underlying health conditions



Ways to prevent COVID-19

- Get vaccinated and stay up to date
- Cover coughs and sneezes with a tissue
- Avoid contact with people who are sick
- Wash hands regularly

When sick

- Wear a mask
- Stay home



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