



# COVID-19



## PROTECT OTHERS FROM GETTING SICK

*We all have a role to play*

People with COVID-19 have mild to severe symptoms. Symptoms can include fever, cough, and shortness of breath. Other reported symptoms can include tiredness, aches, runny nose, sore throat, loss of smell/taste, nausea, and diarrhea.

Emergency warning signs include trouble breathing, persistent pain or pressure in the chest, new confusion or inability to wake up, bluish lips or face.

- Stay home. Most with mild symptoms are able to recover at home without medical care.
- If sick, do not leave your home, except to get medical care. Do not visit public areas.
- Sick Iowans must stay home and away from others until they have been fever-free for 72 hours without the use of medication AND it has been 7 days since the symptoms first appeared.



## IF YOU ARE SICK, STAY HOME



If you are sick, stay home and separate yourself from others in your home.

If you think you may need healthcare, call your regular medical provider first. Your provider can decide if you need to be seen. There may be options for you to talk to a provider from home using technology.

- Wash hands for 20 seconds with soap and water, or use 60% alcohol hand sanitizer.
- Wash hands with soap and water after handling waste.
- Do not share dishes, eating utensils, or towels with someone who is sick.
- Clean frequently touched surfaces in your home.
- Use a separate bathroom, if possible.
- Cover your coughs and sneezes with a tissue or your elbow.
- Throw away all tissues in a lined trashcan.

Additional information:

[www.johnson-county.com/coronavirus](http://www.johnson-county.com/coronavirus)

[www.idph.iowa.gov/emerging-health-issues/novel-coronavirus](http://www.idph.iowa.gov/emerging-health-issues/novel-coronavirus)

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

Source: [cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf)