

COVID-19 FAQs

How is it Coronavirus spread?

The virus is thought to be spread mainly from person-to-person, by coming into close contact with another person (within six feet) and through respiratory droplets. These droplets are produced when a person coughs or sneezes and lands in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

The virus can also spread by coming in contact with infected surfaces and objects. A person can get the virus by touching a surface or object which has the virus on it and then touching their own eyes, nose, or mouth.

What are the symptoms?

Symptoms include fever, cough, and shortness of breath. These symptoms may appear 2-14 days after exposure to the virus.

What's the best way to prevent getting Coronavirus?

Currently, there is no vaccine to prevent Coronavirus disease. According to the CDC, the best way to prevent the disease is to avoid being in contact with the virus, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, and wash your hands afterward.
- Disinfect frequently touched surfaces and objects using a household disinfecting spray or wipe.

How long should I wash my hands?

You should wash your hands often with soap and water for at least 20 seconds. Always wash your hands if they're visibly dirty, including after eating, blowing your nose, coughing and sneezing. Try singing "Happy Birthday" while washing!

Should I wear a mask?

The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

When will there be a vaccine for COVID-19?

Currently, no vaccine exists to prevent COVID-19. The best way to prevent illness is to avoid being exposed to the virus.

When someone is sick with COVID-19, what symptoms do they have and what steps should they take for treatment? How long are they contagious?

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases. Symptoms may appear 2-14 days after exposure and include fever, cough, and shortness of breath. People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school,

or public areas. Avoid using public transportation, ridesharing, or taxis. For more information about the various steps to take when sick, individuals should visit the [What to Do If You Are Sick With COVID-19 page](#) on the CDC website.

I have heard some cleaning products claim they can kill coronavirus. Is that true? If so, which products should I use?

As this is a new virus and products have not been tested against this specific strain, standard cleaning products that kill other viruses will be presumptively fine against COVID-19.

Most commercially available household disinfectants are expected to be effective in disinfecting contaminated surfaces. Product label instructions must be followed. The strongest evidence so far indicates that COVID-19 is transmitted by respiratory droplets—coughs and sneezes—from infected individuals. It's not yet clear how likely humans are to be infected by touching possible contaminated surfaces. It is not recommended at this time to do anything beyond routine cleaning in your household if no one is sick.

RESOURCES

[The National Child Traumatic Stress Network Parent/Caregiver Guide for COVID-19](#)
[Video from Brainpop.com](#)
[CDC.gov Coronavirus info](#)