COVID-19 Information
FOR YOU AND YOUR FAMILY

What are the symptoms of COVID-19 infection?

FEVER OR CHILLS

SORE THROAT

CONGESTION OR RUNNY NOSE

COUGH
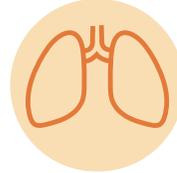
SHORTNESS OF BREATH

DIARRHEA

MUSCLE ACHES, BODY ACHES

**NAUSEA VOMITING**
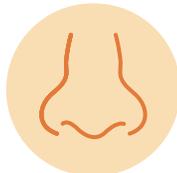
NEW LOSS OF TASTE OR SMELL

FATIGUE

SOMETIMES NO SYMPTOMS

(United States National Center for Immunization and Respiratory Diseases: Division of Viral diseases [NCIRD], 2020)

How does COVID-19 Spread in the community?
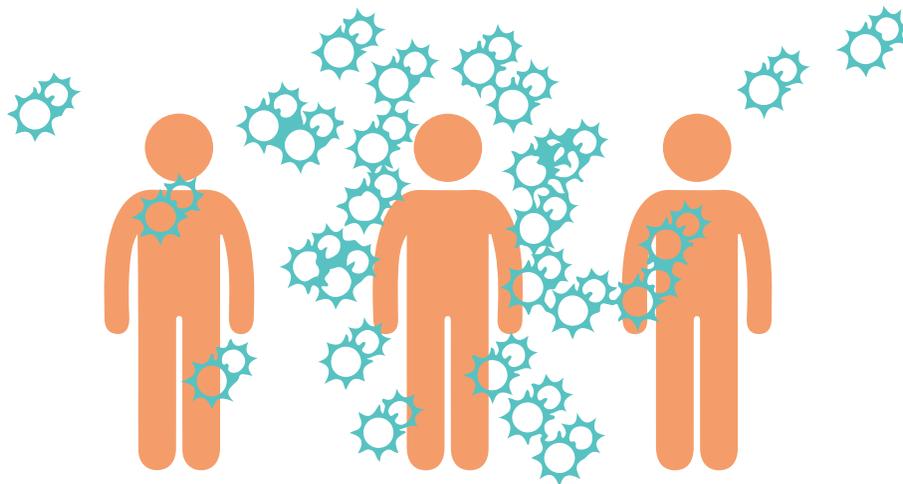
- Close person-to-person contact with within 6 feet for 15 minutes or more
  - Some people may have the virus and pass it, but may not have symptoms
- Droplets from sneezing, coughing, laughing, talking
- From touching infected surfaces

(Centers for Disease Control and Prevention [CDC], 2020)

You have been exposed to COVID if:

You were within 6 feet of someone who has the COVID-19 infection for 15 minutes or more. It may take 2-14 days after exposure before any signs of infection show up.

(CDC,2020)

How long is the virus contagious?

A person can spread the virus for up to two days before showing symptoms. They can pass it for 10 days or even longer if symptoms are present.

(CDC,2020)

ALASKA NATIVE MEDICAL CENTER

Prevention for Everyone

- Wash your hands frequently with soap and water, if available, for 20 seconds
- Use hand sanitizer if soap and water are not available
- Wear a mask around other people - at the store, in the clinic, etc.
- Practice physical distancing; keep 6 feet from others
- Disinfect high-touch surfaces often. For examples, phones, remotes, door handles, and other often-touched objects!
- Do not touch your face or eyes after touching contaminated surfaces
- Do not share phones
- Eat fruits and vegetables, get plenty of sleep and exercise every day. Take time to connect with and laugh with people you care about
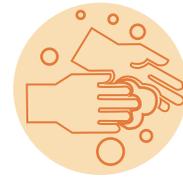
(CDC,2020)

I've been exposed and my COVID-19 test is negative.

What does that mean?

A negative test only means that there is not enough virus in your nose to be detected today. If you have been exposed to COVID-19, it might take up to 9 days for a test to become positive. During that time you could still be spreading the virus to people around you. Someone who has been exposed to COVID-19 should quarantine for 14 days to protect their family and community.

(CDC,2020)

I had a positive test for COVID-19. I feel fine.

Do I need to stay home?

- Many people with COVID-19 have mild symptoms
- Staying home, being in isolation, protects your family and community and keeps the virus from spreading
- You are infectious until all of these are true
  - Symptoms have improved
  - AND at least 24 hours with no fever
  - AND 10 days since symptoms first appears or since your test was positive
  - Some with compromised immune system may need to isolate for 20 days or longer

(CDC,2020)

Instructions for after a positive test or is in quarantine

People should separate themselves from others:

- Stay in a separate room or house if possible
- Use a separate bathroom if possible
- Wear a mask around others
- Clean high touched surfaces and wash hands often

(CDC,2020)

Signs of a medical emergency

- If you have any shortness of breath or difficulty breathing
- If you or your family member has new confusion, dizziness, or fainting
- Bluish lips or face
- Or any other severe symptoms