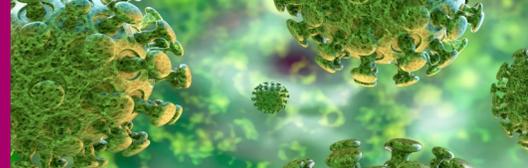


COVID-19

(Coronavirus Disease 2019)



COVID-19 (Coronavirus Disease 2019) is a respiratory illness that can spread from person-to-person. The virus that causes COVID-19 is a new form of coronavirus that was first found in people in December 2019. It can cause severe illness in some people.

How is it spread?

- ▶ People with COVID-19 can easily spread it to others. The virus is found in droplets from the throat and nose. When someone coughs, sneezes, sings, or even shouts, other people near them can breathe in those droplets.
- ▶ The virus can also spread when someone touches an object with the virus on it. If that person then uses their hands to touch their face, mouth, or eyes, the virus can make them sick.

What are the signs and symptoms*?

- ▶ Cough (new or worsening of chronic cough)
- ▶ Shortness of breath
- ▶ Fever
- ▶ Chills
- ▶ Sore throat
- ▶ New loss of taste or smell
- ▶ Runny nose
- ▶ Muscle ache
- ▶ Headache

**Some people may also experience fatigue or have gastrointestinal symptoms such as nausea, vomiting, diarrhea, or abdominal pain.*

NOTE: Not everyone with COVID-19 has all of these symptoms and some people have no symptoms. You can still spread the virus to others even if you have mild or no symptoms.

What should I do if I was exposed to a person with COVID-19?

- ▶ **Stay at home to quarantine for 14 days after close contact with someone with COVID-19.**
- ▶ **A 14-day quarantine remains the safest option for close contacts.** Quarantine may be shortened to 10 days, provided people still monitor for symptoms for the full 14 days. Quarantine may be shortened further to 7 days if a person receives a negative test result (PCR or antigen) that was collected on day 6 or 7.

- ▶ Minimize contact with other people and [animals](#) in your home, wear a face mask or covering if you have to be around others, monitor for symptoms.
- ▶ **If you have been fully vaccinated against COVID-19**, meaning it has been at least two weeks since you received your last dose in the vaccine series, and you were in close contact with someone with COVID-19, you do not have to quarantine. However, you should:
 - Get tested 3-5 days after close contact with someone with COVID-19, even if you don't have symptoms.
 - Wear a mask in public indoor spaces for 14 days after exposure or until you receive a negative test result.
 - Monitor for symptoms for 14 days after your last close contact.
 - Isolate at home if you develop symptoms or test positive for COVID-19.

What should I do if I have symptoms of COVID-19?

- ▶ Contact your doctor and ask to be tested.
- ▶ Stay home and isolate yourself from people and animals in your home.
- ▶ Complete an [online health screening assessment](#), and a licensed health practitioner will contact you.
- ▶ See if a [community testing site](#) is available near you.

How can it be prevented?

Avoid close contact with others and practice physical distancing.

- ▶ Stay at home as much as possible, except for essential trips. Cancel events and avoid groups, gatherings, play dates, and nonessential appointments.
- ▶ Avoid gatherings of 10 or more people.
- ▶ Stay at least 6 feet away from other people, when possible.

Practice good hand hygiene.

- ▶ Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- ▶ Avoid touching your face, eyes, and mouth when in public.
- ▶ Do not cough or sneeze into your hands. Cover your mouth and nose with a tissue or use the inside of your elbow.

Clean and disinfect.

- ▶ Clean frequently touched surfaces and objects daily (for example, tables, countertops, light switches, doorknobs, and cabinet handles). See [CDC's recommendations for household cleaning and disinfection webpage](#).
- ▶ Use and follow instruction on household cleaning products.
- ▶ Wear gloves when cleaning and disinfecting. Gloves should be carefully removed and discarded after cleaning, followed by washing hands immediately.

Get vaccinated when it is your turn.

- ▶ The COVID-19 vaccine can protect you from getting sick and prevent you from spreading the virus to those around you.
- ▶ For the most up-to-date information about COVID-19 vaccines, visit the DHS vaccine webpage: www.dhs.wisconsin.gov/covid-19/vaccine.htm

Wear a mask.

- ▶ **Everyone should pack a mask when leaving their home.** If you are not fully vaccinated, wear one in all indoor spaces that are not your home, as well as enclosed or crowded outdoor spaces, such as outdoor restaurants or bars, festivals, sporting events, and concerts.
- ▶ If you are fully vaccinated, you should still wear masks in certain settings including areas of substantial and high transmission, in health care settings, K-12 schools, and on school buses and public transportation. You may also choose to wear a mask, regardless of the level of transmission, especially if you are around someone who is at increased risk of severe disease. For the most up-to-date information about masks, visit the DHS mask webpage: www.dhs.wisconsin.gov/covid-19/mask.htm

