

1. What is Covid-19 a.k.a. Corona Virus

- a. is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel (new) coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. On March 11, the World Health Organization declared the rapidly spreading coronavirus outbreak a pandemic.

2. Symptoms of Covid-19 include:

- i. mild to severe fever
- ii. Cough
- iii. shortness of breath.

These symptoms usually appear 2-14 days after exposure.

3. How does it spread:

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

4. How do I protect myself and family?

- a. (1) Avoid close contact with patient who are ill
- b. (2) avoid touching your eyes, nose and mouth especially with unwashed hands.
- c. (3) Wash your hands with soap and water often for at least 20 seconds. You may use alcohol- based hands sanitizer that contains at least 60% alcohol if soap and water are not readily available.
- d. (4) Clean and disinfect areas, objects and surfaces that are frequently touched as the virus can survive several hours to several days on surfaces.

5. When to seek out medical attention?

- a. Seek the advice of a healthcare professional if you develop symptoms and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with an ongoing spread of COVID-19.

6. Is air travel safe?

- a. If you do not have to travel, then it is best that you do not place yourself or others at risk. Listed below are the CDC recommendations for travel restriction.
- b. [CDC has provided recommendations](#)