

# What you need to know about COVID-19 (The Coronavirus Pandemic)

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## What is COVID-19?

It is a new illness caused by the new coronavirus. The strong virus spreads easily. It can be spread from person to person from someone infected. If the infected person coughs or sneezes the virus stays in the air and you breathe it in. The virus can be spread by touch too. The virus can live on cardboard, metal or plastic surfaces. You touch the door knob or other surface and then, you touch your eyes, nose or mouth. The virus can get and make you sick. People can spread the virus when they do not know they are infected.

## What to do to protect myself?

- Wash your hands often with soap and water for at least 20 seconds.
- Always wash hands after blowing your nose and using the bathroom.
- Cover a cough or sneeze with your sleeve or tissue. Wash hands after and throw away tissue if used.
- Do not touch your eyes, nose or mouth.
- Do not gather in private or public groups.
- Keep 6 feet away from anyone you do not live with.
- Wear a face mask or face covering in public.
  - Wash face mask or covering in hot water and soap and hot dryer after each use.
  - Your face mask or covering must cover your nose and mouth, and fit snugly against the sides of your face.
  - When removing your mask touch only the inside of your mask. The outside may be contaminated.



## What are the signs and symptoms of COVID 19 illness?

The main signs are fever, cough, and it may feel harder to breathe. **Loss of smell** is a symptom that is only found in COVID-19. It happens in about half of the people infected. Other symptoms may include: fatigue and muscle and body aches. Less common symptoms are headache, sore throat, and vomiting and diarrhea. **Older people often have the less common symptoms.**

## What should I do if I think I have COVID-19?

Call your doctor. Your doctor will talk with you and tell you what to do. You can take Tylenol (acetaminophen) to lower your fever unless you have been told not to take it.

## How serious is COVID 19?

Most people will start to feel better with rest and fluids. Older adults and persons with heart or lung disease, diabetes, in treatment for cancer, on dialysis, and other health problems are less able to fight COVID-19. They can get very sick and even die. We all must work to protect these people from this virus. If you are 65 years of age or older and have one of these conditions please stay at home. Ask family, friends or neighbors to get your food, medicine and other things you need.

## What to do if I am feeling lonely, scared or bored?

Call a family member or friend. We all need to stay close to people we love by using the phone. Use video chat tools too, like Face-time or Zoom. Call the Friendship Line if you are 60 years of age or more or living with a disability and need to talk with someone. Call 1-800-971-0016 any time, 24 hours a day for non-emergency emotional support or for crisis intervention.

### Where can you get help with food and other things I need?

#### 2-1-1 Orange County

**Phone:** 211

**Email:** [www.211oc.org](http://www.211oc.org)

#### Office on Aging Information & Assistance

**Phone:** 800-510-2020

**Email:** [www.areaagencyonaging@occr.ocgov.com](mailto:www.areaagencyonaging@occr.ocgov.com)

**Hours:** Monday – Friday, 8:00am – 5:00pm.

#### Orange County Health Care Agency

**Public Information Hotline:** 714-834-2000

**Health Referral Line:** 800-564-8448 (medical questions about COVID-19)

Many resources to help you are posted at [www.lahabracollaborative.org](http://www.lahabracollaborative.org).

### Where can I find more information about COVID-19?

#### California Department of Public Health

[www.Covid19.ca.gov](http://www.Covid19.ca.gov)

#### Centers for Disease Control and Prevention (CDC)

[www.Cdc.gov](http://www.Cdc.gov)