

FACTS AND INFORMATION ABOUT COVID-19

WHAT IS COVID-19?

COVID-19 is a disease caused by a respiratory virus. It can spread like the cold or flu through:



Coughing and sneezing
which create respiratory droplets



Close personal contact,
such as touching or shaking hands



Touching an object or surface
with the virus on it



Maryland has confirmed multiple cases of COVID-19 and declared a State of Emergency on 03/05/2020. By doing so, the State can draw down federal resources and scale coordinated efforts between state and local health departments and emergency management teams.¹

WHAT ARE THE SYMPTOMS OF COVID-19?

Symptoms of COVID-19 may develop within 2-14 days of exposure and include²:



Fever



Coughing



**Shortness
of breath**

WHO IS AT RISK?

Anyone can contract COVID-19, but some people are at a greater risk for serious illness, including³:

- People with **pre-existing medical conditions**
- Older adults **age 65+**
- People who are **pregnant**⁴

Most people who get COVID-19 will experience mild symptoms, but some infections can lead to serious illness and even death. If you experience symptoms, contact your doctor immediately to determine if medical care is necessary. Most healthy people can recover at home and are encouraged to self-quarantine for 14 days. In cases of serious illness, you may be admitted at a hospital to treat symptoms.

1. "Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions." Maryland Department of Health, 10 Mar. 2020, pha.health.maryland.gov/Documents/coronavirus_FAQ.pdf. Accessed 18 Mar. 2020.

2. CDC, and CDC. "Coronavirus Disease 2019 (COVID-19) – Symptoms." Centers for Disease Control and Prevention, 14 Mar. 2020, www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.

3. "Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions." Maryland Department of Health, 10 Mar. 2020, pha.health.maryland.gov/Documents/coronavirus_FAQ.pdf. Accessed 18 Mar. 2020.

4. CDC. "Coronavirus Disease 2019 (COVID-19)." Centers for Disease Control and Prevention, 11 Feb. 2020, www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html.

WHAT SHOULD I DO TO PROTECT MYSELF AND OTHERS?

There is currently no vaccine to treat or cure COVID-19, but residents can work to slow its spread⁵:



Cover coughs and sneezes with a tissue, your sleeve, or your elbow.



Avoid touching your eyes, nose, and mouth



Clean and disinfect frequently touched objects and surfaces daily



Wash your hands often with soap and warm water for at least 20 seconds. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are unavailable.



Avoid close contact with people who are sick



Work or engage in schooling from home as possible



Use drive-through, pickup, or delivery options to access food and medicines



Practice social distancing by avoiding social gatherings in groups of 10 or more. If you are older or someone with serious underlying health conditions, stay home and away from other people.

HOW CAN I BE PREPARED FOR INTERRUPTIONS TO MY DAILY LIFE FROM COVID-19?

To prevent community spread, Maryland is taking action to reduce mass gatherings and support medical providers. You may notice these measures impacting your day-to-day life. To prepare, you can⁶:

- Have an **adequate supply** of non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, and cough and cold medicines.
- Have a **thermometer, tissues, and hand sanitizer** in case you become ill and must stay home.
- **Talk with family members and loved ones** about how they would be cared for if they got sick.
- Have a **2-week supply** of shelf-stable food and water available at home.
- Check your **supply of prescription drugs and refill your prescriptions** if needed.

WHO CAN I CONTACT FOR MORE INFORMATION AND UPDATES ABOUT COVID-19?

Community resources are available to help those impacted by COVID-19.

- Medicare coverage of COVID-19 needs
- Health insurance coverage and benefits options
- Home internet access + other utilities
- Unemployment benefits
- Meal distribution for students impacted by COVID-19

To learn more, contact **Genai Bunn** at **443-842-5718** or gbunn@gghi.org.

The Baltimore County Department of Health has issued a hotline for residents to call with questions or concerns about COVID-19. The number is **410-887-3816**. Lines will be open seven days a week, from 8:30 AM to 5:00 PM.

Seniors are encouraged to call the Maryland Access Point hotline for assistance. The number is **410-887-2594**. Calls are answered by a team of Certified Information and Assistance Specialists, Monday through Friday from 8:30 AM to 4:30 PM.

5. "Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions." Maryland Department of Health, 10 Mar. 2020, pha.health.maryland.gov/Documents/coronavirus_FAQ.pdf. Accessed 18 Mar. 2020.

6. "Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions." Maryland Department of Health, 10 Mar. 2020, pha.health.maryland.gov/Documents/coronavirus_FAQ.pdf. Accessed 18 Mar. 2020.