

Frequently Asked Question About COVID-19

How does the virus spread?

The virus that causes COVID-19 is [spreading from person-to-person](#). Someone who is actively sick with COVID-19 can spread the illness to others.

What are the symptoms to watch for?

The following symptoms may appear **2-14 days after exposure**:

- Fever
- Cough
- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- Bluish lips or face
- Body aches

How can I help protect myself and others?

1. **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
2. **Use a hand sanitizer** that contains at least 60% alcohol.
3. **Avoid touching** your eyes, nose and mouth with unwashed hands.
4. **Avoid close contact** with people, keep 3 to 6 feet distance between yourself and other people as much as possible.
5. **Clean and disinfect** frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
6. **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
7. **If you are sick**, you should wear a facemask when you are around other people.
8. **If you are NOT sick**, you do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask).
9. **Stay home** if you are sick, except to get medical care. Learn [what to do if you are sick](#).

10. **Avoid** large crowds as much as possible, shop during off hours, shop online and use the pick-up lane or use a delivery service for groceries.
11. **Choose a room** in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick. [Learn how to care for someone with COVID-19 at home.](#)