Care Gram

Coronavirus

(COVID-19)

What Is Coronavirus?

COVID-19 (Coronavirus disease 2019) is a disease caused by a virus called SARS-CoV-2. It can be highly contagious and spread quickly. COVID-19 most often causes respiratory symptoms that can feel much like a cold, the flu, or pneumonia. COVID-19 may attack more than your lungs and respiratory system and affect other parts of your body. Most people with COVID-19 have mild symptoms; however, some may become severely ill.

How Is COVID-19 Spread?

- COVID-19 spreads when an infected person breathes out droplets and small particles that contain the virus. Other people can breathe in these droplets and particles, or the droplets and particles can land on their eyes, nose, and mouth.
- In some cases, these droplets and particles may contaminate surfaces.

What Are the Risk Factors for COVID-19?

Anyone can get COVID-19, but certain people are at a higher risk for developing more severe complications from the disease.

- Older adults – with risk increasing with age.
- People with chronic medical conditions – such as heart disease, diabetes, lung disease, or cancer.
- Healthcare workers who have close contact with individuals infected with the disease, particularly those with underlying health conditions.

What Are the Symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms, such as:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Fatigue
- Congestion or runny nose
- Nausea, vomiting, or diarrhea
- Sore throat
- Headache

Licking Memorial Health Systems

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • LMHealth.org

How Do I Protect Myself Against COVID-19?

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Stay up to date with recommended COVID-19 vaccines.
- Improve indoor ventilation.
- Wear a well-fitting mask in higher-risk situations.

How Do I Protect Others if I Am Sick?

- Cover your nose and mouth with a mask when around others.
- Stay at home when you are sick, and until symptoms improve overall and you have been fever-free for at least 24 hours without fever-reducing medication. Masking is recommended for five days after your symptoms improve.
- Cover your cough or sneeze with a tissue and discard tissue in the trash. Wash your hands with soap and water or use an alcohol-based hand sanitizer.
- Clean and disinfect high touch surfaces every day. High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

Steps to Help Prevent the Spread if You Have Been Exposed to COVID-19

- Stay home except to get medical care:
  - Stay home – people who are mildly ill with COVID-19 can isolate at home during their illness.
  - Avoid public areas – do not go to work, school, or public areas.
- Separate yourself from other people and animals in your home:
  - Stay away from others – as much as possible, stay away from other people in your home.
  - Call ahead – if you have an upcoming medical appointment, call the healthcare provider before going to your appointment.
- Wear a facemask if you are sick:
  - If you are sick – wear a facemask when you are sick and around others.
  - If you are caring for others – the person you are caring for also should wear a facemask while in close contact.

1616-1262
11/04/2026

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.