What You Should Know About COVID-19

Coronavius (COVID-19) is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread throughout the world. COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

How is the virus spread?

- You can become infected by coming in close contact (about 6 feet) with a person who has COVID-19.

- You can become infected from respiratory droplets when an infected person coughs, sneezes or talks.

- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose or eyes.

Protect yourself and others from COVID-19

There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.

- Stay home as much as possible and avoid close contact with others.

- Wear a cloth face covering that covers your nose and mouth in public settings.

- Clean and disinfect frequently touched surfaces.

- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.

- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.

- Get deliveries and takeout, and limit in-person contact as much as possible.

Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care. If you need medical attention, call ahead.

- Separate yourself from other people and pets in your home.

- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.

Source: U.S. Centers for Disease Control, cdc.gov/coronavirus

COVID-19 Quick Facts

Reliable information to help you through the COVID-19 pandemic

MU Extension
University of Missouri

How to Use Cloth Face Coverings

Face coverings can be an effective means of slowing the spread of the infectious agent for many respiratory diseases and may help slow the spread of COVID-19. Wearing a face covering does NOT provide complete protection and does not replace other ways of slowing virus spread such as: •staying away from public places and group gatherings, •practicing social distancing (6 feet), •washing hands and using hand sanitizer often, •avoiding touching eyes, nose and mouth.
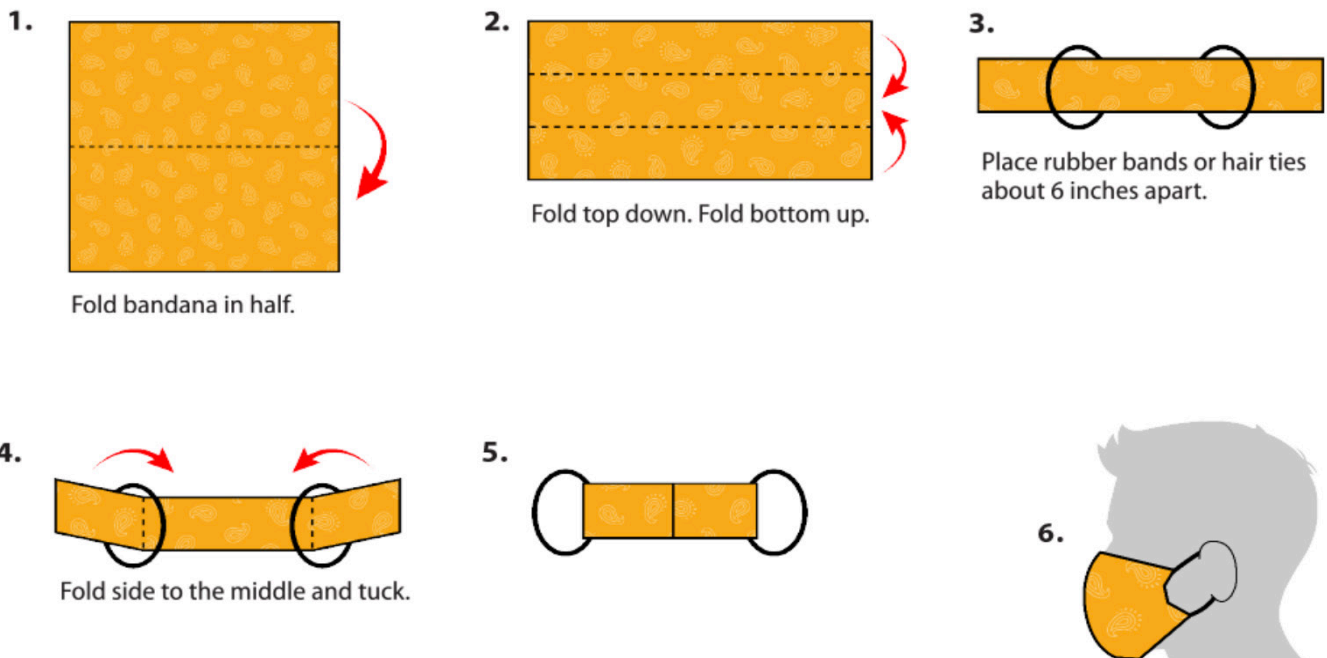
How should face coverings be handled?

- Masks and cloth face coverings should be handled assuming they are contaminated with the virus causing COVID-19.

- Face coverings should be removed without touching the inside. They should be immediately placed with dirty laundry, or stored in a plastic bag until they can be properly cleaned.

- Wash your hands after handling a used face covering or use hand sanitizer, if hand-washing is not an option. If possible, wash your face after removing a face covering.

- Cloth face coverings should be washed in hot water after each use. Follow CDC guidelines at go.ncsu.edu/cdclaundry.

No-sew method for making a bandana cloth face covering

The CDC provides these instructions, along with other options, on their website: cdc.gov/coronavirus

1. Fold bandana in half.

2. Fold top down. Fold bottom up.

3. Place rubber bands or hair ties about 6 inches apart.

4. Fold side to the middle and tuck.

5.

6.

Sources: North Carolina State University Extension and U.S. Centers for Disease Control