

Plain Language Coronavirus Information

Please consult the [Vermont Department of Health](#) and [Center for Disease Control and Prevention Websites](#) for guidance.

What you should know

Coronavirus also called COVID-19 is a respiratory illness; it affects your lungs and breathing. We can all do our part to stay healthy and avoid spreading sickness!

What are the symptoms?

Coronavirus looks similar to the flu but is different. If you have a fever, cough, or have trouble breathing call your doctor.

Who is at risk?

If you are over 60 years old, or get sick easily you are more likely to get sick from the Coronavirus. If you are a young person who is healthy you may not have any symptoms or get better very quickly.

What can I do to not get sick?

- Wash your hands with soap and warm water for at least 20 seconds. Wash often.
- If your hands are dirty don't touch your face, eyes, mouth or food.
- If someone you know is sick do not get close until they are better.
- If you are sick stay home.
- Cover your mouth when you cough or sneeze with a tissue

- Wash or use disinfectant on things you touch often like your cellphone, steering wheel and counters.

Frequently Asked Questions:

Should I wear a mask?

You should wear a mask if you are sick to avoid spreading illness when you cough or sneeze. Masks will not protect you from other people who are sick.

What should I do if I have symptoms?

If you have a fever, cough, or a hard time breathing you should stay home and call your doctor.

This information was gathered from the Vermont Health Department infectious Disease Public Health Response Website and the Centers for Disease Control and Prevention

<https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>