

Coronavirus (COVID-19)

Frequently Asked Questions (FAQs)

Q: Who is at risk of getting the virus?

People who live, work, or travel in the regions where COVID-19 is spreading are at risk of catching the disease. People of older age and with medical conditions, such as diabetes and heart disease, appear to be at greater risk if exposed to the virus.

Q: What are the symptoms that I might have if I get COVID-19?

About 2 to 14 days after you are exposed to COVID-19, you may get:

- a fever
- a cough and/or shortness of breath

Q: How can I avoid getting the virus?

There is currently no vaccine to prevent COVID-19. To prevent the spread of this virus:

- Avoid close contact with people who are sick.
- If you are sick, stay home.
- Cover your cough or sneeze with a tissue, or cough and sneeze into your arm/sleeve.
- Clean and disinfect regularly used objects and surfaces.
- Avoid touching your face, mouth, nose, or eyes. The virus can be spread if you touch an infected surface and then touch any of those.

- CDC does not recommend that people who are healthy wear a facemask to protect themselves from respiratory diseases, including COVID-19. Facemasks should be worn by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; after touching surfaces such as elevator buttons and phones; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Q: I think I have been exposed to someone who has COVID-19. What should I do?

Call your doctor if you develop a fever and symptoms of respiratory illness, such as cough or difficulty breathing, and have been in close contact with a person exposed to COVID-19 or if you have recently traveled to an area with ongoing spread.

Q: How can I learn more?

- Call your primary care doctor (PCP)
- Visit the Centers for Disease Control and Prevention website at **CDC.gov** and search “COVID-19.”
- Visit the UPMC HealthBeat blog at share.upmc.com



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