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FREQUENTLY ASKED QUESTIONS ABOUT COVID-19

What are the signs and symptoms?

⇒ Symptoms include:

Cough	Fatigue
Runny Nose	Muscle Aches
Sore Throat	Headache
Vomiting	Stomach Pain
Diarrhea	Loss of Taste
Loss of Smell	

⇒ Symptoms that are very concerning are worsening of cough or severe shortness of breath when walking short distances such as across a room.

What is exposure?

⇒ Exposure is being within 6 feet of an infected individual for more than 15 minutes without that person wearing appropriate facial covering.

⇒ The likelihood increases the longer you were in close contact.

⇒ You are putting yourself slightly at risk just by being in a room with somebody who is infected.

⇒ Areas of concern include being in a car with an unmasked infected person for a prolonged period of time, or living or working very closely in a small room or environment.

What if I have no symptoms?

⇒ If you have no symptoms, but have possibly been exposed, the best practice is to quarantine yourself for 14 days and be tested after the onset of symptoms.

⇒ Although you may not show symptoms, it is vital to keep others safe; otherwise, you may infect others.

⇒ Practice good hand washing for 20 seconds. Wear a mask when around others so that particles from your nose and mouth do not get onto somebody else when you talk, sneeze or cough. Maintain 6 feet social distancing and avoid large gatherings.

Should I be tested?

⇒ The best time to get tested is when you are symptomatic. Because you have more virus in your body, it is more likely to be picked up during testing. If you have to be tested for your job but you are not symptomatic, it would be best to wait 3-5 days after the time of exposure.

⇒ An exception is if you plan to be around someone who is in a high risk group, such as an elderly person to which COVID-19 could be life threatening or if you yourself are in a high risk group. In this case you would want to go ahead and get tested.