## What we know about coronavirus and COVID-19

### The virus

Coronavirus causes a mild to severe respiratory illness called COVID-19. The virus is likely spread the way colds and flus are:

- **Droplets of fluid from a cough or sneeze**
- **Touching a surface with the virus on it and then touching your mouth, nose or eyes**

### The symptoms

It can take 2 days to 2 weeks for symptoms to appear. You can have COVID-19, experience no serious symptoms and recover completely. Most people do.

Symptoms of COVID-19 look like this:

- Mild or no symptoms
- Fever
- Coughing
- Difficulty breathing
- Severe respiratory illness
- In rare cases, death

### Staying safe

- Wash your hands or use an alcohol-based hand sanitizer often
- Avoid touching your eyes, nose and mouth
- Avoid people who are sick
- Clean surfaces often with disinfectant

### Who’s at risk?

If you’ve been to a place where people are infected, you are at risk. Call your healthcare provider if:

- You’ve been in close contact with someone who has COVID-19 and you have a fever, cough or difficulty breathing
- You have recently traveled from or live in a known hotspot for the virus and you have a fever, cough or difficulty breathing

For more information, call the 24/7 Coronavirus Hotline: **570-284-3657**.
Or visit geisinger.org/coronavirus