

COVID-19 SYMPTOMS & PREVENTION

Useful information about the coronavirus

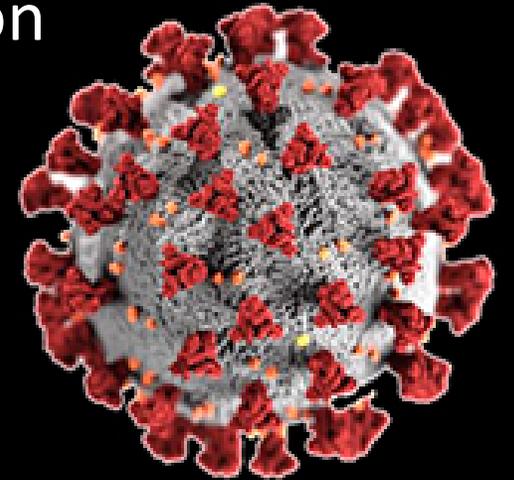
March 2020





HERE ARE THE FACTS ABOUT COVID-19

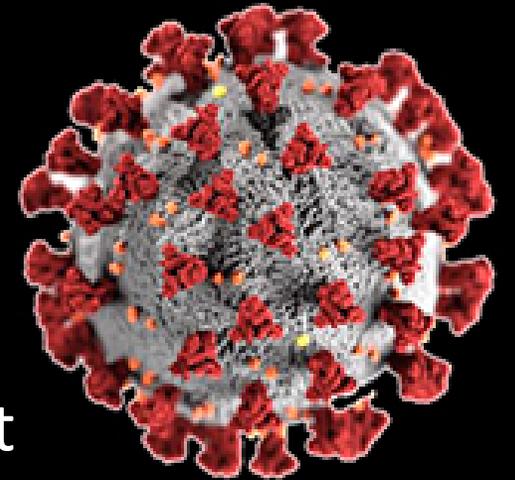
- Coronavirus 2019, or COVID-19, was first discovered in China and has been spreading there and in other countries since December 2019.
- The U.S. has experienced an increasing person-to-person spread of COVID-19.
- At last report, South Carolina had seven possible cases, but none in the Pee Dee or Grand Strand and none in Southeastern North Carolina.





HERE ARE THE FACTS ABOUT COVID-19

- **The best defense is to keep yourself healthy.**
- The illness is more severe among those who elderly, those who are sick already and those with a compromised immune system.
- We are still learning more about how it is transmitted.
- Be cautious, but realistic. Practice safe habits, but don't let fear overtake common sense.



**FACT
1**

Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.



**FACT
2**

Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.



FACT

3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.



**FACT
4**

**You can help stop COVID-19
by knowing the signs
and symptoms:**

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



FACT

5

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Symptoms* can include

FEVER



COUGH



**SHORTNESS
OF BREATH**



** Symptoms may appear 2 to 14 days after exposure.*

- Patients with COVID-19 have experienced mild to severe respiratory illness.
- Seek medical advice if you develop symptoms and have been in close contact with a person known to have COVID-19 or you live in or recently have visited an area with an ongoing spread of COVID-19.





PREVENTING THE SPREAD OF COVID-19

Avoid close contact with people who are sick.

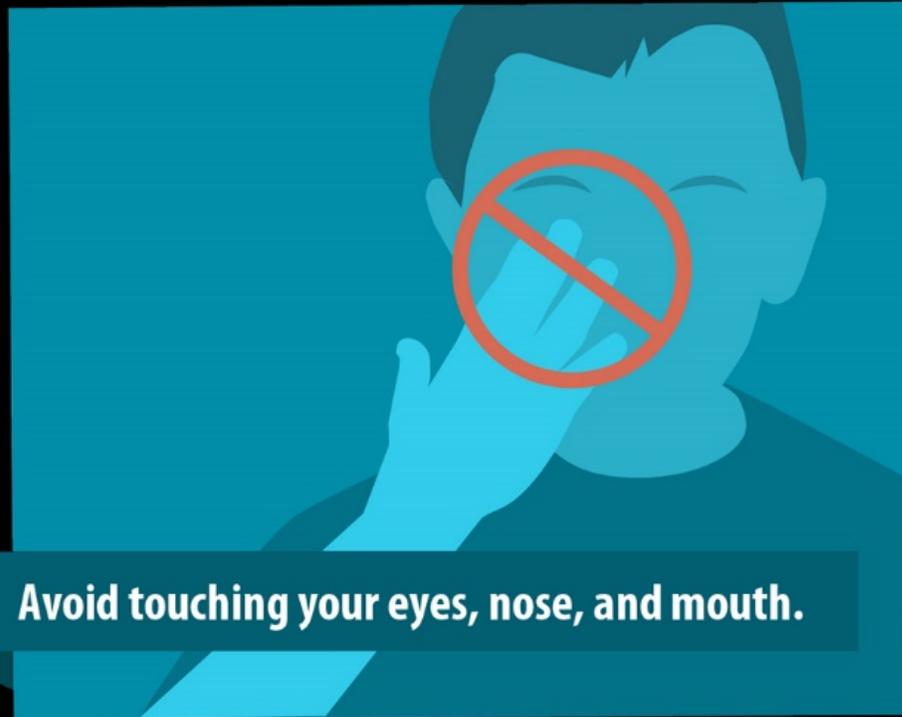


**Cover your cough or sneeze with a tissue,
then throw the tissue
in the trash.**





PREVENTING THE SPREAD OF COVID-19





PREVENTING THE SPREAD OF COVID-19

Stay home when you are sick,
except to get medical care.



Wash your hands often with soap
and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19



THE CITY OF MYRTLE BEACH IS...

- Alerting the public and our staff about facts and precautions, just as you've seen here.
- Providing hand sanitizing supplies and disinfectant wipes at city counters where the public visits.
- Asking staff to stay home if they are experiencing symptoms of cold, flu or other respiratory illness.
- Checking temperatures of those who are brought into the Myrtle Beach Detention Center.





THE CITY OF MYRTLE BEACH IS...

- Reviewing emergency response plans should a COVID-19 case be identified locally.
- Working with DHEC and the CDC daily to keep current on the latest information.
- Sharing information with other local agencies and organizations that serve the public.
- Reminding people to, “Keep calm and wash your hands frequently.”





FOR PERSPECTIVE, CONSIDER...

- The CDC estimates that more than 34 million people in the U.S. have had the flu this season, with as many as 46,000 deaths.
- The CDC reports 423 possible cases of COVID-19 in the U.S., with 24 deaths, as of Monday, March 9.
- Setting a good example – washing your hands, following the safety protocols – helps keep illness from spreading.
- The best defense is keeping yourself healthy. Be cautious, but realistic. Inform, don't alarm.



FOR MORE INFORMATION...

S.C. DEPARTMENT OF HEALTH
AND ENVIRONMENTAL CONTROL
CORONAVIRUS INFORMATION PAGE

<https://scdhec.gov/health/infectious-diseases/viruses/coronavirus-disease-2019-covid-19>

