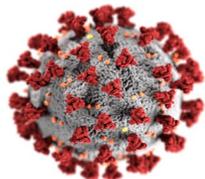


Coronavirus (COVID-19) Stay informed



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Things to Know

[Centers for Disease Control and Prevention \(CDC\) Current Information](#)

[Tennessee Department of Health Coronavirus \(COVID-19\) https://www.tn.gov/health/cedep/ncov.html](https://www.tn.gov/health/cedep/ncov.html)

[What You Should Know](#) - Mayo Clinic

[Stanford Health Care Now](#)

[Tennessee Department of Health Weekly Update Summary https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/TDH-COVID-19-Sit-Summary-Week.pdf](https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/TDH-COVID-19-Sit-Summary-Week.pdf)

Graphs / Charts

[Worldometers Get up-to-the-hour statistics. Check number of coronavirus cases, deaths and recovered.](#) By Worldometers.info

[Global Cases by the Center for Systems Science & Engineering at Johns Hopkins Univ.](#) If on a mobile device use [Mobile Map of Novel Coronavirus \(COVID-19\) Global Cases](#)

Prevention

[Help Keep Illness from Spreading \(TN Dept. of Health\)](#)

[Download PDF \(English\)](#)

[Download PDF \(Spanish\)](#)

Travel

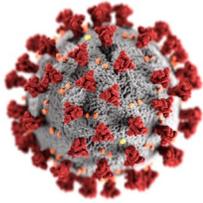
[U.S. Department of State Coronavirus Travel Advice](#)

[World Health Organization \(WHO\) COVID-19 Travel Advice](#)

Coronavirus (COVID-19) Prevention



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If You Get Sick

Contact your doctor

Wear a mask

Do not share bedding

Or Dishes

Or Household Items

Symptoms May Include

Abrupt onset of fever

Aches and chills

Fatigue

Headache

Respiratory symptoms such as coughing and difficulty breathing

Self-Care

Get rest.

Drink plenty of fluids

Nonprescription pain medications to control fever

Restrict social contact so others do not get sick

Wash your hands

Use soap and water or, when traveling or when water is scarce, an alcohol-based hand sanitizer — with at least 60% alcohol.

Clean and disinfect surfaces you often touch

Every so often, wipe down frequently touched surfaces in your environment. Use a disinfectant wipe.

Stay informed

Look to **reliable news sources** for up-to-date information and recommendations from health experts. Visit the CDC and WHO websites for trustworthy information.

Cover your mouth and nose

Use facial tissue when you cough or sneeze. Throw away used tissues immediately. If no tissue is available, cough or sneeze into your upper sleeve.

Don't touch your face

(eyes, nose and mouth) with unwashed hands. Wash your hands before handling food or after using the restroom, coughing, sneezing or blowing your nose.

Follow travel advisories

These can change rapidly depending on how any disease outbreak evolves.

Stay healthy

A healthy body means a strong immune system that fights off infection. Eating a balanced diet, exercising regularly and getting adequate sleep are all things you can do to help maintain good health.

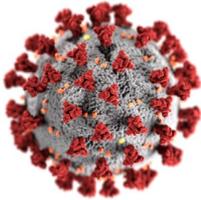
Get your flu shot

A flu shot won't shield you from COVID-19. But in the U.S., influenza is far more common than COVID-19.

Coronavirus (COVID-19) Face Mask



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Should You Use a Face Mask?

The Centers for Disease Control and Prevention (CDC) does **not** advise face masks for **the general public** as a means of prevention against the virus

The (CDC) **does recommend** face masks for:

- People with COVID-19 symptoms
- Health care workers
- Caregivers of people with COVID-19

If you need a Face Mask:

Continue to wash your hands:

- Before putting on a mask
- After taking it off
- Anytime the mask is unintentionally touched while it's on

Properly used:

- Must be secure on the face
- Should be disposed of if it becomes damp

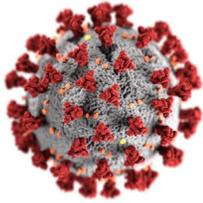
To Discard correctly:

- Remove by the ear straps
- Place in a closed trash container right away

Coronavirus (COVID-19) General Information



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Who is most at risk of infection and of serious complications?

Anybody who's had close contact with an infected person. Older adults with underlying medical conditions such as lung and heart disease, diabetes, cancer, and a suppressed immune system seem to have a higher rate of complications such as pneumonia and death.

How is Coronavirus (COVID-19) spread?

When an infected person coughs or sneezes, he or she releases respiratory droplets that can land in the mouths or noses of people nearby and possibly be inhaled into the lungs.

What treatments are there?

Currently there are no effective treatments for COVID-19 so far. **Right now, the best prevention is to thoroughly wash your hands often.** If you are at risk (older adults with underlying medical conditions such as lung and heart disease, diabetes, cancer, and a suppressed immune system), **avoid crowds.**

History

Coronavirus disease 2019 (COVID-19) emerged in 2019 in a Chinese province. Most who have died of the virus have had serious underlying illness.

The number of cases is increasing. This is due to people traveling from other countries and the ability of the virus to transmit from one person to another.