

COVID-19 Public Fact Sheet

Updated: 3/19/2020

- What do I need to know?
 - COVID-19 is a new virus that is infecting people all over the world, including Iowa
 - There is no vaccine
 - The disease is mainly spread from person-to-person between people in close contact with each other (within 6 feet)
 - Important symptoms are fever, cough, shortness of breath
- What is happening in Iowa?
 - COVID-19 is spreading in Iowa communities. To stop this spread, Iowans are asked avoid large groups of people.
 - The situation is changing rapidly. Officials are working to limit the spread of the virus, and to address consequences such as health care system burden, lack of childcare, and lost pay.
 - The governor has recommended that schools close until April 13, 2020. Contact your local school to determine dates for students to return. School meals and other resources may be available. Check with your local school.
 - All bars and restaurants are closed to the public. Restaurants and bars may still provide carry-out, delivery and drive-through services.
 - Other facilities such as gyms, pools and theaters are closed.
- What should I do?
 - Wash your hands often with soap and water, for at least 20 seconds. Be sure to wash between the fingers.
 - Using soap is best, but you can also use hand sanitizer with at least 60% alcohol.
 - Avoid touching your face.
 - Sneeze into your elbow or a tissue.
 - Avoid contact with symptomatic people.
 - Clean and disinfect frequently touched objects, like door handles and cell phones.
 - DO NOT greet people with a handshake, kiss, hug, or other way that requires close proximity.
 - Avoid groups larger than 10, including in your home if possible.
 - Limit trips to public places like stores to only what is necessary.
 - Connect with family and friends through text, email, phone, etc. Check in daily with elderly family members, friends or neighbors who may live alone. If you need to go to the home, keep at least a six-foot distance and wear protective gloves to prevent the spread of the virus.
- Who is most at risk?
 - People 65 years and older
 - People who live in a nursing facility

- Pregnant women
- People with underlying medical conditions such as heart disease, diabetes and lung disease
- For complete information: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>
- What should I do if I feel sick with a fever, cough, or difficulty breathing?
 - Call your healthcare provider
 - If you do not have a regular healthcare provider, contact your local public health agency or call 2-1-1
 - Do not go out in public
 - Stay in a specific room away from others
 - Avoid close contact
- What happens when someone gets tested?
 - If a healthcare provider determines you should be tested for COVID-19, they will give you instructions on how to come to get tested
 - The test is a swab in your nose. It is not painful, but it can cause discomfort
 - The swab will be sent to a lab. Labs use special test kits to conduct the test.
 - Your healthcare provider will contact you within 1-2 days with your results.
 - While you are waiting for your results, you should isolate yourself in your home. Your provider will give you specific instructions.
- How much will testing cost?
 - Call a Community Health Center. Community Health Centers provide reduced cost care based on ability to pay. Find a Community Health Center here: <https://www.iowapca.org/why-chc/chc-locations>
 - Call ahead if you have fever, cough, or shortness of breath. This will help the clinic take steps to keep other people from getting infected or exposed.