Coronavirus Disease 2019 (COVID-19)

Stop the Spread of Rumors

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Know the facts about coronavirus disease 2019

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

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

2 For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Some people may have an increased risk for more serious complications from COVID-19 and should take measures to protect themselves.

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 situation summary page.

4 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.

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

- Fever, cough or other symptoms
- Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.
- Keep track of your symptoms.
- **If you have an emergency warning sign (including trouble breathing),** get emergency medical care immediately.

More details: Stress and Coping