COVID-19

A new coronavirus, first identified in December 2019, has caused an outbreak of respiratory illness that the World Health Organization named COVID-19 (coronavirus).

The virus usually spreads from close person-to-person contact through respiratory droplets from coughing and sneezing.

Symptoms may develop within 14 days of exposure to the illness.

Symptoms of COVID-19 include:

- New cough
- Fever
- New shortness of breath

In rare cases, it can lead to severe respiratory problems, kidney failure or death.

When to seek medical care for COVID-19

If you are asymptomatic (exhibiting no symptoms) you do not need to seek medical care or testing for COVID-19.

If you have a fever, cough and shortness of breath or flu-like illness, please call the Vanderbilt Health COVID-19 Hotline (888-312-0847) or go to one of the VUMC assessment sites listed at vumc.org/coronavirus.

The best way to protect yourself

- Wash your hands frequently and thoroughly using soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren’t available.
- Cough or sneeze into a tissue or flexed elbow, then throw the tissue in the trash.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick, sneezing or coughing.
- Stay home when you are sick.
- Clean and disinfect surfaces and objects people frequently touch.
- Only wear a face mask if you have respiratory symptoms or are caring for someone with respiratory symptoms.

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Vanderbilt Health COVID-19 Hotline 888-312-0847
vumc.org/coronavirus