
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:**

- Cough
- Fever
- 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, and have been in close contact with a person known to have COVID-19 or if you live in or have recently traveled to an area with ongoing spread, please call the Vanderbilt Health COVID-19 Hotline (888-312-0847) and you will be instructed on the next steps to take.

**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.

Vanderbilt Health COVID-19 Hotline 888-312-0847