

Coronavirus Disease 2019 (COVID-19) *Fact Sheet*



City of Sioux Falls
SOUTH DAKOTA

WHAT YOU NEED TO KNOW ABOUT COVID-19

It's normal to be concerned about new diseases, and new information is coming out frequently. The best thing people can do is stay informed from reliable sources and know the facts.

Currently, the immediate risk to most South Dakotans from COVID-19 is LOW, and we are confident the health care system in Sioux Falls is prepared to promptly identify and evaluate any suspected cases and minimize potential disease spread.

STAY INFORMED
.....
siouxfalls.org/health

doh.sd.gov

cdc.gov

KNOW THE FACTS

- To become sick, someone has to be “exposed” to the virus. The CDC defines exposure as being within approximately 6 feet (2 meters) of someone with a confirmed infection for a prolonged period of time.
- Person-to-person spread is thought to occur mainly through respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory viruses spread. However, even that is not a guarantee that someone will become sick with the virus.
- For these reasons, people at higher risk of becoming sick are:
 - People who have traveled to China, Iran, South Korea, and Italy within the last two weeks.
 - People who have had close contact with someone who was confirmed to have the novel coronavirus.
- Like any virus, no identity, community, ethnic, or racial group in South Dakota is more at risk for getting or spreading COVID-19.
- State and local public health are working together, following federal guidance, to assess travelers returning from China to determine the need for monitoring, restriction of movement, quarantine, or other action to prevent the spread of the virus.

RISK FROM OTHER VIRUSES IS GREATER

- There are many kinds of coronaviruses, like the common cold, currently circulating in South Dakota, and the U.S. that cause respiratory illness. While these viruses may also be called “coronaviruses,” they are not COVID-19.
- There also are many other kinds of respiratory illnesses (such as the flu) circulating right now.
- People are at much greater risk of getting the flu than COVID-19. It's not too late to get the flu vaccine.



CORONAVIRUS
COVID-19
SYMPTOMS



FEVER



COUGH



SHORTNESS
OF BREATH

COVID-19 IN THE COMMUNITY

- It's important to remember that the immediate risk to most from COVID-19 is low. If an individual does not have a high risk of exposure, it is very unlikely they have novel coronavirus. But if they are ill and concerned, they should contact a health care provider.
- South Dakota state and local public health are working together, following federal guidance to assess travelers returning from overseas to determine the need for monitoring, restriction of movement, quarantine, or other action to prevent the spread of the virus.

SYMPTOMS AND SEVERITY

- Symptoms of respiratory viruses, including the novel coronavirus, include fever, cough, and shortness of breath.
- Any of these illnesses can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain and fever-reducing medications.
- If you did not have a high risk of exposure, it is very unlikely you have novel coronavirus. But if you are ill and concerned, contact your health care provider.

PROTECTING YOURSELF FROM COVID-19 AND OTHER RESPIRATORY VIRUSES

If you are healthy:

- Continue your normal daily routine. This means you can continue to participate in public gatherings such as work, school, or social activities.
- Get your flu shot, and stay up-to-date on other routine childhood and adult immunizations.
- Wash your hands with soap and water, or at a minimum, use an alcohol-based hand rub, which may be less effective than soap and water.
- Avoid close contact with anyone with cold or flu-like symptoms.
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails, etc.

If you are sick:

- Stay home.
- Cover coughs and sneezes with a tissue or your inner elbow shirt sleeve.
- Wash your hands with soap and water, or at a minimum, use an alcohol-based hand rub, which may be less effective than soap and water.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with anyone else with cold or flu-like symptoms.
- Get your flu shot, and stay up-to-date with on other routine childhood and adult immunizations.
- Clean and disinfect frequently touched objects and surfaces such as desks, doorknobs, handrails, etc.

