



# Public Health Division

Calaveras Health and Human Services Agency

## Novel Coronavirus Disease 2019 (COVID-19) Frequently Asked Questions

This information is the latest information as of March 20, 2020

### Facts about COVID-19

#### **Q: What is a novel coronavirus (COVID-19)?**

A: COVID-19 is a new coronavirus that has only spread in people since December 2019. The name of this disease is abbreviated as COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease.

#### **Q: How does the virus causing COVID-19 spread?**

A: This virus that causes COVID-19 was first detected in Wuhan City, China. The virus is spreading from person-to-person. Someone who is actively sick with COVID-19 can spread the illness to others. That is why Centers for Disease Control and Prevention (CDC) recommends that these patients be isolated either in the hospital or at home (depending on how sick they are) until they are better and no longer pose a risk of infecting others.

#### **Q: What are the symptoms and complications that COVID-19 can cause?**

A: For confirmed COVID-19 cases, reported illnesses have ranged from mild symptoms to severe illness and death. Symptoms can include fever, cough, and shortness of breath. The CDC believes at this time that symptoms of COVID-19 may appear in as few as 2 days or as long as 14 days after exposure. If you are sick with COVID-19 please visit <https://covid19.calaverasgov.us/Resources> for more information.

## How can I protect myself for COVID-19?

### Q: How can I help protect myself?

A: Practice good hygiene and social distancing.

- Stay home if possible.
- If you have to go out, practice social distancing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect surfaces and objects that are touched using household cleaning sprays or wipes.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Use hand sanitizer with at least 60% alcohol if water is not available.

### Q: Should I wear a mask to protect myself from COVID-19?

A: For the general public, the CDC does not currently recommend that people who are well wear a face mask to protect against COVID-19. You should only wear a mask if a healthcare professional recommends it. A face mask should be used by people who have COVID-19 and are showing symptoms. This is to protect others from the risk of getting infected. The use of facemasks also is crucial for health workers and other people who are taking care of someone infected with COVID-19 in close settings (at home or in a health care facility).

### Q. Should I be taking ibuprofen to prevent Covid-19?

A. Please consult with your primary care physician.

## Getting tested for COVID-19

### Q: I have been exposed to or have symptoms of COVID-19, what should I do?

A: People who think they may have been exposed to COVID-19 or have symptoms of COVID-19 illness should call their healthcare provider immediately. Symptoms include fever, cough, and shortness of breath. If you do not have a healthcare provider, call your nearest emergency department first to get testing information.

### Q: I got tested for COVID-19, does that mean I have it?

A: No. You will be notified by the healthcare provider where you received the test. A positive test means that you have COVID-19. A negative test means that you were not infected with COVID-19 at the time of the test.

## COVID-19 Response efforts

**Q: Has anyone in Calaveras County gotten infected?**

A: Please visit our website for the latest information: <https://covid19.calaverasgov.us/>

**Q: What is CDC, local, and state health officials doing about COVID-19?**

A: Visit the web links below:

- Calaveras Public Health  
<https://covid19.calaverasgov.us/>
- California Department of Public Health  
<https://www.cdph.ca.gov/covid19/>
- Centers for Disease Control and Prevention  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

## Shelter in-place order

**Q: Does Calaveras County fall under the Governor's Shelter in place order?**

A. Yes, all California counties are required to follow the executive order.

**Q. What is considered an essential service?**

A. Essential services include: Chemical Sector; Commercial Facilities Sector; Communications Sector; Critical Manufacturing Sector; Dams Sector; Defense Industrial Base Sector; Emergency Services Sector; Energy Sector; Financial Services Sector; Food and Agriculture Sector; Government Facilities Sector; Healthcare and Public Health Sector; Information Technology Sector; Nuclear Reactors, Materials, and Waste Sector; Transportation Systems Sector; and Water and Wastewater Systems Sector. If you are unclear if you are part of providing an essential service, please contact your employer.

## Community activities

### **Q. What is the county's position on visiting parks or to go hiking?**

A. At this time it is recommended to stay home. If you are outside it is important to practice social distancing.

### **Q. How long will schools be closed?**

A. Please contact your child's school district.

- Calaveras Unified School District  
<http://cusd.custudents.net/>
- Mark Twain Union Elementary School District  
<https://www.mtwain.k12.ca.us/>
- Vallecito Union School District  
<https://www.vallecitok12.com/>
- Bret Harte Union High School District  
<https://bhuhd-ca.schoolloop.com/>
- Calaveras Office of Education  
<https://www.ccoe.k12.ca.us/>