



Frequently Asked Questions about COVID-19

General Questions	
What is COVID-19?	<ul style="list-style-type: none">• Coronaviruses are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).• A novel coronavirus is a new strain of coronavirus that has not been previously identified in humans. The now-named COVID-19 (FKA nCoV) had not been previously detected before the outbreak was reported in Wuhan, China, in December 2019.• See World Health Organization (WHO) Q&A on coronaviruses for more information
What are the symptoms and complications of COVID-19?	<ul style="list-style-type: none">• People with COVID-19 infection, the flu, or a cold typically develop respiratory symptoms such as fever, cough, and runny nose. Even though many symptoms are alike, they are caused by different viruses.• The WHO recommends that people who have a cough, fever, or difficulty breathing should seek medical care early. Patients should inform health care providers if they have travelled in the 14 days before they developed symptoms, or if they have been in close contact with someone who has been sick with respiratory symptoms.• According to the WHO, COVID-19 can be more severe for some persons and can lead to pneumonia or breathing difficulties. Older people and people who are immune compromised or have pre-existing medical conditions (such as diabetes and heart disease), appear to be more vulnerable to becoming severely ill with the virus.
What can I do to protect myself against COVID-19?	<ul style="list-style-type: none">• There is much to learn about the transmissibility, severity, and other features associated with COVID-19.• You can refer to the websites for the WHO and CDC for additional information on prevention and treatment, but it is believed to be spread mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread.• The CDC always recommends everyday preventative actions to help prevent the spread of respiratory viruses, including:<ul style="list-style-type: none">○ 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.○ If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.○ Avoid touching your eyes, nose, and mouth with unwashed hands.○ Avoid close contact with people who are sick.○ Stay home when you are sick.○ Cover your cough or sneeze with a tissue, and then throw the tissue in the trash.○ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

<p>What if I am worried that I may have COVID-19 or some other virus? Should I self-quarantine? What does that mean?</p>	<ul style="list-style-type: none"> • Seek medical advice—Call ahead before you go to a doctor’s office or emergency room. Tell them about recent travels and symptoms. • Avoid contact with others. • The CDC has issued interim guidance for people who have the virus or had closecontact with a person confirmed to have, or being evaluated for COVID-19. This includes guidance on self-quarantine, such as: <ul style="list-style-type: none"> ○ Stay home except to get medical care ○ Separate yourself from other people in your home ○ Call ahead before visiting your doctor ○ Wear a facemask ○ Cover your coughs and sneezes ○ Clean your hands ○ Avoid sharing personal household items • Reach out immediately to the info@mbg.com mailbox and a member for our team will get back to you as soon as possible to determine next steps and if working remotely is needed.
<p>Should I wear a Facemask?</p>	<ul style="list-style-type: none"> • Yes. Wearing cloth face coverings is an additional public health measure people should take to reduce the spread of COVID-19. CDC still recommends that you stay at least 6 feet away from other people (social distancing), frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. View CDC’s guidance on how to protect yourself. • Cloth face coverings can be made from household items or made at home from common materials at low cost. • Surgical masks and N95 respirators are in short supply and should be reserved for healthcare workers or other medical first responders, as recommended by CDC guidance.
<p>How does COVID-19 Spread?</p>	<ul style="list-style-type: none"> • The virus is thought to spread mainly from person-to-person • Between people who are in close contact with one another (within about 6 feet). • Through respiratory droplets produced when an infected person coughs, sneezes or talks. • These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. • Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms. • Spread from contact with contaminated surfaces or objects • It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus. • Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Also, routinely clean frequently touched surfaces. • How easily the virus spreads • How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious, like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, which means it goes from person-to-person without stopping. • The virus that causes COVID-19 is spreading very easily and sustainable between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.