

COVID-19



How to Stay Safe

Community Spread

- Community spread is the spread of an illness for which the source of infection is unknown.
- In New York, the majority of COVID-19 cases have been caused by Community Spread.



How is COVID-19 Spread

- Spread through droplet spread from Coughing and Sneezing.
- Close contact with another person– standing closer than 6 feet away.
- Can spread through contaminated surfaces (door knobs, countertops, light switches, cell phones, etc.) and then touching your mouth, nose and eye.



How to Slow Community Spread











- Practice safe social distancing— 6 feet between person to person
- Wash hands for 20 seconds with warm water and soap, especially after blowing your nose, coughing, sneezing, going to the bathroom or eating.
 - Hand sanitizer can be used between washing.
 - MUST CONTAIN 60% ALCOHOL OR MORE TO BE EFFECTED.



How to Slow Community Spread

- While cleaning, follow the instructions on the cleaners.
 - Leave the surface wet for the recommended time on the container.
- Cover mouth when coughing or sneezing using your inner arm.
- **IF YOU FEEL SICK STAY HOME.**



Symptoms	Coronavirus Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention



If Feeling Sick:

- Call your private physician, most can be treated as outpatients, as mild symptoms do not need hospitalization. Severe cases will need medical attention.
- Avoid public areas and public transportation.
- For more information on COVID-19 and additional announcements from the Town of Islip, visit www.islipny.gov/coronavirus

