Coronavirus Disease 2019 (COVID-19)
Frequently Asked Questions (FAQs)

At Benjamin Rose Institute on Aging, we are staying current with the latest information regarding the spread of Coronavirus Disease 2019 (COVID-19) provided by the Centers for Disease Control and Prevention (CDC) and the Ohio Department of Health (ODH). We understand there is concern about the disease and have prepared below responses to some frequently asked questions.

Q: What is the coronavirus?

A: The novel coronavirus that causes COVID-19 is one of seven types of known human coronaviruses. Like the MERS and SARS coronaviruses, this virus probably evolved from a virus previously found in animals. The rest of the known coronaviruses cause many colds in adults and children and are not a serious threat for otherwise healthy adults.

Q: How does the coronavirus spread?

A: 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) and through "respiratory droplets" that are produced when an infected person coughs or sneezes.

Q.   How does COVID-19 affect older adults?

A: Older people and people of any age with severe chronic medical conditions like diabetes, heart disease or lung disease seem to be affected more seriously by COVID-19 than other people. This may be because as we age our bodies have a harder time fighting off diseases and infection.

Q.   Is there a vaccine for COVID-19?

A: There is currently no vaccine to prevent COVID-19. The best way to prevent the illness is to avoid being exposed to the virus.

Q: What can I do to prevent the spread of COVID-19?

A: Everyone, regardless of age or disability, should follow CDC's recommendations to help prevent the spread of all respiratory diseases, including colds, flu and COVID-19.

For example:

- **Avoid close contact** with people who are sick;
- **Avoid touching your face**, especially your eyes, nose and mouth, with unwashed hands;

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- **Stay home when you are sick,** except to get medical care;
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash;
- **Clean and disinfect** frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- **Follow CDC's recommendations for using a facemask.** Facemasks should be used by people who show symptoms of COVID-19 to help prevent spreading the disease to others;
- **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 a hand sanitizer that contains at least 60% alcohol;
  - Always wash hands with soap and water if hands are visibly dirty;
  - For more information, see CDC's handwashing guidance at https://www.cdc.gov/handwashing/

Q: What are the Symptoms and emergency warning signs of COVID-19?

A: COVID-19 symptoms include:
- fever
- cough
- shortness of breath.

If you feel like you are developing COVID-19 symptoms, call your health care provider.

Emergency warning signs include:

- Difficulty breathing or shortness of breath;
- Persistent pain or pressure in the chest;
- New confusion or inability to arouse;
- Bluish lips or face

If you develop emergency warning signs for COVID-19, get medical attention immediately.

Q: Where can I find current and updated information regarding Novel Coronavirus (COVID-19)?

A: Information regarding the Novel Coronavirus (COVID-19) can be found on the CDC website https://www.cdc.gov/coronavirus/2019-nCoV/index.html and the Ohio Department of Health: https://coronavirus.ohio.gov/wps/portal/gov/covid-19/