



CALHOUN COUNTY

Public Health Department

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Fact Sheet

COVID-19

What is COVID-19?

COVID-19 (coronavirus disease 2019) is a disease caused by a virus named SARS-CoV-2. It can be very contagious and spreads quickly.

COVID-19 most often causes respiratory symptoms that can feel much like a cold, the flu, or pneumonia. COVID-19 may attack more than your lungs and respiratory system. Other parts of your body may also be affected by the disease. Most people with COVID-19 have mild symptoms, but some people become severely ill.

Some people, including those with minor or no symptoms, will develop Post-COVID Conditions – also called “Long COVID.”

How do you get COVID-19?

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. Other people can breathe in these droplets and particles, or these droplets and particles can land on their eyes, nose, or mouth. In some circumstances, these droplets may contaminate surfaces they touch.

Anyone infected with COVID-19 can spread it, even if they do NOT have symptoms.

The risk of animals spreading the virus that causes COVID-19 to people is low. The virus can spread from people to animals during close contact. People with suspected or confirmed COVID-19 should avoid contact with animals.

Who is at risk of severe illness from COVID-19?

Some people are more likely than others to get very sick if they get COVID-19. This includes people who are older, immunocompromised, have certain disabilities, or have underlying health conditions.

What are the symptoms of COVID-19?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Possible symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. Symptoms may change with new COVID-19 variants.

What is the treatment for COVID-19?

If you have COVID-19 and are more likely to get very sick from COVID-19, treatments are available that can reduce your chances of being hospitalized or dying from the disease. Medications to treat COVID-19 must be prescribed by a healthcare provider and started as soon as possible after diagnosis to be effective. Contact a healthcare provider right away to determine if you are eligible for treatment, even if your symptoms are mild right now.

Don't delay: Treatment must be started within days of when you first develop symptoms to be effective.

How can I reduce the risk of COVID-19 exposure?

In addition to basic health and hygiene practices, like handwashing, CDC recommends:

- Staying up to date with COVID-19 vaccines
- Improving ventilation
- Avoiding contact with people who have suspected or confirmed COVID-19

What should I do if I have symptoms of COVID-19?

Stay home and away from others (including people you live with who are not sick).

How do I know when I can return to normal activities after having COVID-19?

- You can go back to your normal activities when, for at least 24 hours, both are true:
 - Your symptoms are getting better overall **and**
 - You have not had a fever (and are not using fever-reducing medication)
- Once people resume normal activities, they are encouraged to take precaution for the next 5 days to curb disease spread, such as:
 - Taking more steps for cleaner air

- Enhancing hygiene practices
- Wearing a well-fitting mask
- Keeping distance from others
- Getting testing to inform your actions to prevent spread to others.

CDC offers separate, specific guidance for healthcare settings ([COVID-19](#), [flu](#), and [general infection prevention and control](#)).

How do I get more information on COVID-19?

Calhoun County Public Health Department

Phone: 269-969-6383

 www.facebook.com/CCPublicHealthDepartment/

Centers for Disease Control and Prevention

Phone: 800-232-4636 (800-CDC-INFO)

Website: <https://cdc.gov/coronavirus/2019-ncov/index.html>

Spanish: <https://espanol.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html>

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Updated 3/2024

This fact sheet is meant to provide general health information and is not intended to be medical advice or otherwise take the place of your doctor's orders or to diagnose your specific health problems. Check with your doctor if you have any questions or concerns about your health.