COVID-19 is a new coronavirus that started spreading in people in December 2019. Though health experts are learning more about the virus every day, there is still a lot more to investigate.

The symptoms are similar to influenza; those include fever, cough, and shortness of breath. Most people recover at home, but it can cause severe illness and pneumonia in some people.

The risk is low for the general public in Oregon.

Health officials do worry about people who might be exposed to this virus who are older or have health problems.

The virus spreads like the flu, when someone who is sick coughs or sneezes close to another person (6 feet). Someone with the virus is most likely to spread the germ to others when they have symptoms like the cough.

Know your employer’s sick leave and telecommuting policies. Have a child care plan in case your kids need to stay home from school. Make sure you have the food and medications you would want if you need to stay home. Get to know any neighbors who might need extra help, like seniors living alone.

For the latest info, visit multco.us/covid19.

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