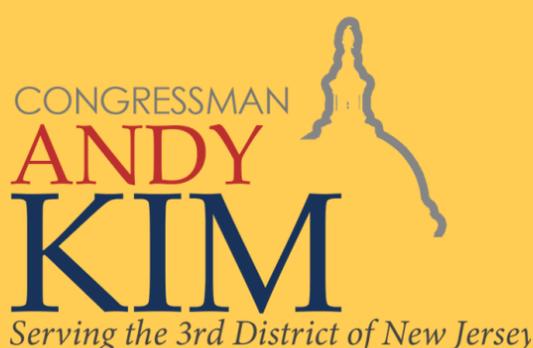


# FREQUENTLY ASKED QUESTIONS ABOUT COVID-19

Updated 03/12/2020



## WHAT IS COVID-19?

Also known as the Coronavirus, it's a respiratory infection first detected in Dec 2019.

## WHAT ARE COMMON SYMPTOMS OF COVID-19?

Symptoms may appear anywhere between 2-15 days after exposure. Common symptoms include **fever, cough and shortness of breath.**

## HOW DOES IT SPREAD?

While it's mainly spread through person to person contact, it can also spread by touching an infected surface or object and then **touching your mouth, nose, or eyes.** It's most contagious when an infected person shows symptoms, but spread is possible from someone that doesn't present symptoms.



## WHAT DO I DO IF I HAVE SYMPTOMS?

If you have symptoms and have come into contact with someone who has COVID-19, or recently traveled to an area with an outbreak, contact your primary care provider by phone. **Do NOT go to your health care provider's office without calling ahead.**



## WHAT OTHER PRECAUTIONS SHOULD I TAKE?

**Hygiene:** Washing hands with soap and water for at least 20 seconds is an important defense, especially when handling food or using the restroom.

**Limit contact:** Avoid shaking hands and touching your face.

**Clean and Disinfect:** Regularly disinfect frequently touched surfaces or objects like doorknobs.

**Respiratory Etiquette:** Practice good respiratory etiquette like covering your coughs and sneezes.

**Travel:** Don't travel if you have a fever and cough. If traveling, check the [CDC's Travel Health Alerts](#).

**Masks:** According to CDC, you do NOT need a mask if you are not sick unless you are a caregiver to someone who is. However if you are feeling sick, you should wear a face mask.



## WHAT HAS CONGRESS DONE SO FAR?

On March 4th, Congress approved **\$8.3 billion in emergency funding**, which included more than \$3 billion for the development of treatments and a vaccine. NJ has already received **\$13.8 million** so far in federal funds to support COVID-19 response efforts. More information can be found [here](#).

## I'M A SMALL BUSINESS OWNER EXPERIENCING HARDSHIP, WHAT CAN I DO?

Congress passed \$7 billion for low-interest SBA loans to small business owners experiencing financial hardship due to the outbreak. Right now, the best thing that business owners can do is to contact Governor Murphy's office to state their case to demonstrate need in order to access federal funding. More information can be found on SBA's website [here](#).