

COVID-19

Coronaviruses are a large family of viruses that can cause a variety of conditions, from the common cold to more serious illnesses. These can include bronchitis, pneumonia or cardiopulmonary problems that can lead to death. The virus that causes COVID-19 is SARS-CoV-2 and has spread throughout the world.

What are the most common signs or symptoms of COVID-19?

- Difficulty breathing or feeling short of breath
- Cough
- Muscle and body aches
- Sore throat
- Nausea or vomiting
- Diarrhea
- Headache
- Loss of sense of smell or taste
- Congested or runny nose
- Nasal congestion or runny nose
- Loss of sense of smell or taste
- Sore throat



These symptoms may appear from 2 to 14 days after exposure to the virus. The list presented here does not include all possible symptoms, as they may vary, but these are the most common.

How is COVID-19 transmitted?

- COVID-19 is spread by respiratory droplets and particles from a person infected with the virus. These particles are emitted directly into the air when talking, coughing or sneezing.
- Hands can transmit the virus to the eyes, nose or mouth.

How is COVID-19 diagnosed?

- It is diagnosed through viral tests that detect whether you have the virus that causes the SARS-CoV-2 infection or the virus that causes COVID-19. For accurate detection, the sample can be taken by using a nasal or throat swab.

There are two main types of viral tests:

- Molecular test or PCR: This test is the most accurate test for diagnosing SARS-Cov-2. They identify the viral genetic material in the sample taken from the person.
- Antigen testing: The test detects viral proteins. They are rapid tests, usually producing the result in 15 to 30 minutes.

Treatment

- Depending on the symptoms, your doctor will determine the treatment for COVID-19.
- Treatment should begin as soon as possible to receive effective results.
- If you are taking other medications, consult your doctor or pharmacist to confirm that you can start treatment.

Immunization

- COVID-19 vaccines are safe and effective.
- They help prevent and reduce the risk of infection. However, in the case of infection, a vaccinated person may experience mild and temporary symptoms like those of other routine vaccines.
- The vaccines were evaluated to meet rigorous standards of safety, effectiveness and quality.

What you need to know about the COVID-19 vaccines

- Vaccination helps protect children as young as 6 months old and adults.

- By getting vaccinated, you will protect those around you, especially those with compromised immune systems.
- According to updated CDC rules, people in certain risk groups can receive additional doses with their doctor's guidance. The updated COVID vaccines are designed to target the currently circulating variants and are recommended for everyone 6 months of age and older.

Preventive actions

- Get vaccinated
- Wash your hands frequently with soap and water for at least 20 seconds.
- Use hand sanitizer containing at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Use the mask in closed spaces.
- When coughing or sneezing, cover your mouth and nose with your elbow or a tissue, throw the tissue away immediately and wash your hands.
- Avoid close contact with sick people.
- If you develop symptoms, seek immediate advice and attention, get tested and notify people with whom you had close contact.
- Clean and disinfect surfaces.
- If you have mild symptoms and no fever, you can continue with your daily activities; it is recommended to use a mask, at least for the first 5 days.



Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after treatment, please visit your primary doctor or contact the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TTD 1-844-347-7804

APS Health

787-641-9133

References

<https://publichealth.jhu.edu/2023/la-vacuna-de-covid-19-actualizada-lo-que-debe-saber>

<https://www.who.int/es/emergencias/disease-s/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19>

<https://www.elnuevodia.com/noticias/locales/notas/cdc-eliminacion-requisito-de-aislamiento-en-casos-leves-de-covid-19/>

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