

# COVID-19



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

## What are the most common symptoms?

- Fever or chills
- Difficulty breathing or shortness of breath
- Cough
- Muscle and body aches
- Sore throat
- Nausea or vomiting
- Diarrhea
- Headache
- Loss of smell or taste
- Congestion or runny nose



These symptoms may appear 2 to 14 days after exposure to the virus. The list presented does not include all possible symptoms, as they can vary; however, they 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 someone speaks, coughs, or sneezes.
- Hands can transmit viruses 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 SARS-CoV-2 infection. To accurately detect the virus, the sample can be taken using a nasal or throat swab.

## Types of screening tests:

- The nucleic acid amplification test (NAAT) includes the PCR diagnostic test; these are the best for detecting the virus. It can take up to three days to receive the results.
- Antigen tests: The test detects viral proteins. These are rapid tests, which usually produce the result in 15 to 30 minutes.

## Treatment

- Depending on your symptoms, your doctor will determine your treatment.
- Treatment should begin within 5 to 7 days of presenting symptoms to receive effective results.
- If you are taking other medications, consult your doctor or pharmacist to confirm that you can begin treatment.

## Immunization

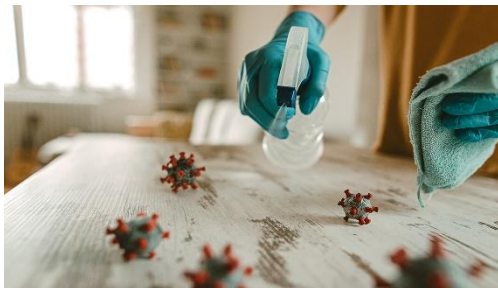
- COVID-19 vaccines are safe and effective.
- They help prevent and reduce the risk of infection. However, if you do get infected, you may experience mild and temporary symptoms like those of other routine vaccines.
- The vaccines were evaluated to see if they met rigorous safety, effectiveness, and quality standards.

## What do you need to know about COVID-19 vaccines?

- Vaccination helps protect children as young as 6 months old and adults.
- By getting vaccinated, you'll protect the people around you, especially those with compromised immune systems.
- The updated vaccines are designed to target the variants currently circulating and are recommended for everyone 6 months of age and older.

## Prevention Measures

- Get vaccinated
- Wash your hands frequently with soap and water for at least 20 seconds.
- Use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Wear a mask indoors.
- When coughing or sneezing, cover your mouth and nose with your bent elbow or a tissue, throw the tissue away immediately, and wash your hands.
- Avoid close contact with sick people.
- If you have symptoms, seek immediate medical attention, get tested, and notify people you had close contact with.
- Stay home when you are sick.
- Clean and disinfect surfaces.
- Protect yourself and your family.



## Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can deal with emotional and physical concerns that arise during and after any treatment, please visit your primary care physician or call the following telephone lines:

### Medical Advice Line

1-844-347-7801

TTY/TTD 1-844-347-7804

APS Health

787-641-9133

## References

<https://www.mayoclinic.org/es/diseases-conditions/coronavirus/symptoms-causes/syc-20479963>

<https://www.fda.gov/about-fda/fda-en-espanol/enfermedad-del-coronavirus-covid-19>

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