

**Worship Location:**  
Family Life Center  
13020 Telegraph Road  
Woodbridge, VA 22192-3610



**Historical Site:**  
209 Washington Street  
Occoquan, VA 22125-0373

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Office Manager &  
Church Clerk  
Marion Hubbard

# COVID-19

## Guidance and Frequently Asked Questions

### What is COVID-19?

COVID-19 is a respiratory illness caused by a novel coronavirus that can spread from person to person.

### Is COVID-19 life threatening?

Though COVID-19 can occasionally be more serious than the flu, especially for people with existing chronic conditions or weakened immune systems, it is not generally a serious threat for most healthy adults.

Many experts would agree that influenza currently poses a much greater risk than the new coronavirus, as it kills about 35,000 Americans each year.

The virus that causes COVID-19 is just one in a family of coronaviruses. Many people have likely already been infected by a different type of coronavirus before, as it is one of the many viruses that can lead to “the common cold.”

### Who is at Higher Risk?

Early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- People who have serious chronic medical conditions like:
  - Heart disease
  - Diabetes
  - Lung disease

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## How is COVID-19 spread?

Current understanding about how the virus that causes COVID-19 spreads is largely based on what is known about similar coronaviruses. The virus is thought to spread mainly from person to person between people who are in close contact with one another (within about 6 feet). Respiratory droplets produced when an infected person coughs or sneezes can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. People are thought to be most contagious when they are most symptomatic (the sickest).

It may also be possible that people can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

## What are the symptoms of COVID-19?

Typical symptoms include fever, cough, and shortness of breath.

## How can people help protect themselves and others?

It's still cold and flu season, and the same practices that stop the spread of these common illnesses are recommended:

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home if you are sick, except to get medical care.
- Cover your mouth and nose when you cough or sneeze. Throw the tissue away and wash your hands.
- Clean and disinfect objects and surfaces you touch.

## Is there a treatment or vaccine for coronavirus available in the United States?

There is currently no vaccine to protect against the 2019 novel coronavirus. But because it is spread the same way as the common cold or flu, washing your hands frequently and avoiding exposure to this virus are the best ways to prevent an infection.

And while there is no specific antiviral treatment, people who have been infected should still seek medical care to help relieve symptoms. There are several trials underway for antiviral medications.

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